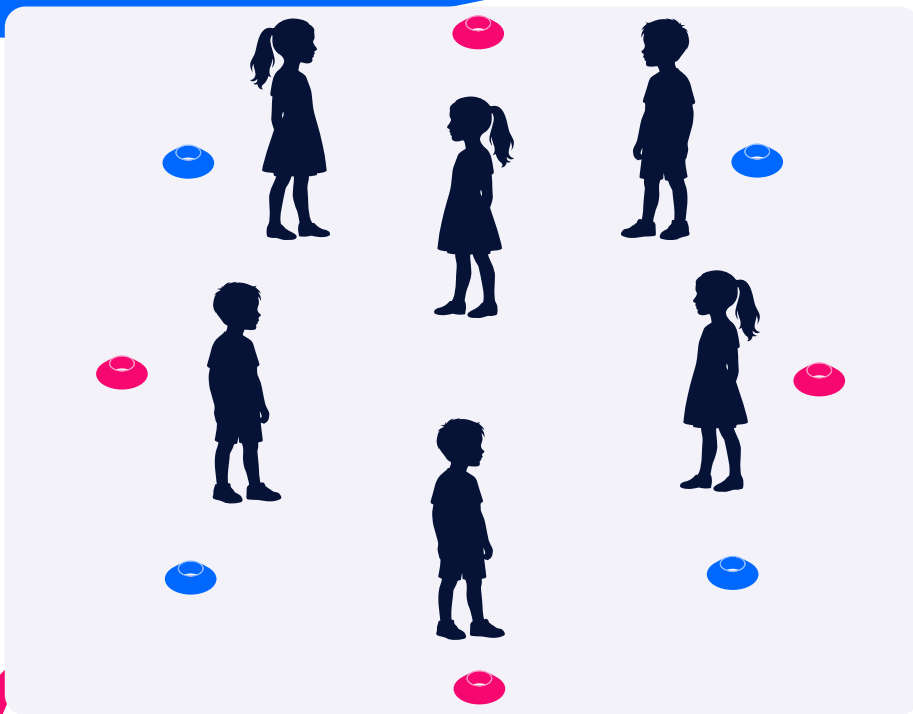


SPACE WARM UP: Astronaut Training

Set the scene:

“Today we are going on an adventure to space,
you are in astronaut training!”



Brain focus
activities:



Equipment:



Balls (one per child)



Cones

How to Play:

- Place planets (cones) around the outside of the space.
- Tell children they are in astronaut training and need to stay inside the space station – walk around the outside of the space together.
- Children move around the space with different actions. Demonstrate each action, starting with just three actions and build up if the children are ready.
 - **Moon walk** – slow motion walk with balance and control.
 - **Rocket launch** – fast jumps on the spot landing with bent knees.
 - **Asteroid dodge** – side-step quickly watching where going.
 - **Zero gravity** – stand on one foot using arms to balance.
 - **Moon rover** – walk on all fours, keeping centre of gravity low, and stomping.

TEACHING POINTS:

- Watch where you are going.
- Avoid others.
- Listen to the calls.

SKILL UP:

- Add a ball. Children carry a ball and perform actions keeping it held secure with two hands (apart from moon rover).



SEE IT IN ACTION