

Space Adventure

Home Physical Education

Can you try quicker and slower music? Which is harder?

How to play:

- Select some music that makes you think of space, astronauts and aliens.
- Create an action that represents the following movements.
- **1:** Taking off in a space ship.
- **2:** Landing a spaceship on a planet.
- **3:** Exploring your new planet.
- **4:** Making an exciting discovery.
- Add your 4 movements to create a sequence. Perform your sequence to someone else. What do they think?



Can you be creative and try different movements to represent each stage of the journey?

Top Tips

Use big movements!

Imagine you are an astronaut! What would they wear? How would they move? Make your movements big and clear.

This is your adventure so be creative!

Let's Reflect

Did you remain in character through all of the movements?

Why did you choose the moves that you did?