

# 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?