

Going on a space walk

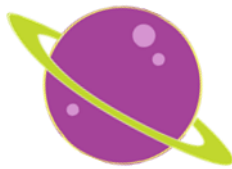
Try these ideas to create your own imaginative spacewalk. In a bigger or outdoor space you could run and jump too. If indoors, it can help to remind your child that in space everything is in slow motion!



Putting on our space boots, suit and helmet – imitate the movements needed to put these things on our bodies.

Walking like an alien – make up your movements to show how you think an alien might walk.

Being a rocket – countdown 5-4-3-2-1... then blast off into space and run really fast on the spot until you run out of fuel (are told to stop!)



Spinning planets – turn around slowly with your arms out (or roll down a hill) – try not to get too dizzy!

Going into orbit – crawl around, but make sure you don't bump into other planets (each other!).

Going for a moonwalk – make big slow steps lifting your feet up really high.

Becoming a star – start crouched down into a tiny ball and grow into a big star – with a star jump at the end.



Back down to earth – gently glide through the atmosphere as you slowly walk around and land safely.



How it helps - Going on a space walk helps children to:

- have fun while being physically active and developing their strength and co-ordination
- become aware of the position of their bodies in relation to objects around them ('spatial awareness')
- learn new words as they play.