

**Space Adventure**

**PE Home Learning**

**Time to Learn:**

- 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 four movements to create a sequence. Perform your sequence to someone else. What do they think?

- **Use slower pieces of music.**
- **Challenge yourself to create movements that are on different levels, some high and some low.**
- **Work with a partner to extend your sequence.** One of you could become an alien…
- **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!**

**Top Tips**

- **Let’s Reflect**
  - How did you remain in character through all of the movements?
  - Why did you choose the moves that you performed?

- **Can you take time to practise each movement, focus on linking them together?**