

Space Themed Walk



Government advice currently states that families are allowed out for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.



3...2...1... lift off!!

It's time for you and your crew to adventure into outer-space.

Keep a log of your Journey

- How many people did you see?
- Did you know them?
- How many steps did you walk?
- What was the weather like?

Before Take-Off

- You need a space helmet to survive: can you make one?
- Plan your journey: how many planets will you visit?
- Build a rocket from junk materials.

Things to do in Space

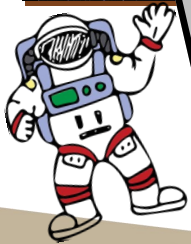
- Go for a moon walk, walking in slow motion with arms out wide
- Use your lightspeed to get to the next planet
- Find some moon rocks, a lightsaber and some stardust to take back to earth
- Look at the sky, can you see any shapes in the clouds?
- Quick! Hide from the aliens! How many did you spot
- Wave to other astronauts, ask them what planets they have been to.

Back to Earth..

- Draw a picture of your space adventure
- Imagine what an alien would look like—now make one!
- Grab a torch and play in the dark, can you make shadow puppets?

Crack the Code!

My Very Easy Method Just
Speeds Up Naming Planets



Important

Adhere to social distancing guidelines during any daily exercise.
Remain at least 2 metres away from other people at all times.