



Astronaut Fitness Circuit

#273

AGE GROUP



HOW DO I SET UP & PLAY?

- Use some of the additional online video links provided in the **Empowered Educator Space Program Planner** to open a conversation about how astronauts exercise in space and why it is different to doing the same movements on Earth.
- With older children you can also investigate the impact of space on the human body. What facts can they find?. What do they wonder about how a body reacts in space? How do they fit exercise equipment in the space station? What stops it floating away?
- Take turns choosing a card then everyone performs the actions on that card for a set time period.
- Choose cards and actions that are age appropriate for your group.

EXTENDING LEARNING SPARKS

- [NASA's Train Like an Astronaut Series](#) has videos and activity plans with physical and non physical activities to help children investigate and learn more about how bodies stay healthy in space.
- [Explore and choose an activity to try by clicking here.](#)

WHAT MATERIALS DO I NEED?

- Print and cut out the gross motor obstacle activity cards from the Space Curiosity Spark Printable Pack
- Large open space to safely run and jump - preferably outside.



Exploring Culture,
Diversity &
Community



Challenging My
Gross Motor
Muscles