



Space Adventure PE Home Learning

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

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.
As you get more confident try faster 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...

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

How did you remain in character through all of the movements?

Why did you choose the moves that you performed?