

Our First Trip to Space

- **Purpose of Activity:** The purpose of this Activity Story is to encourage the following of directions, develop good listening skills, and promote cooperation with others.
- **Standard:** Students will demonstrate competency in the motor skills and movement patterns necessary to perform a variety of physical activities.
- **Objective:** Students will travel forward and sideways, changing directions quickly in response to a signal or obstacle, and use a variety of locomotor skills. • Students will consider available resources before drawing conclusions and developing generalizations. • Students will apply generalizations and conclusions to new situations.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment

Assessment Ideas:

- Sharing and taking turns is very important for both safety on the equipment and making the game more enjoyable.

Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. These students could become the official leaders of the exploration group as they travel through space.

See included CD for electronic version.



Story Overview

This story is designed to lead students through the Adventure Series equipment while stirring their imagination.

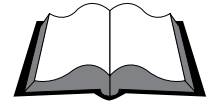
1. Warm-up: The teacher will lead students in a warm-up activity followed by a light stretch before the story begins.
2. Begin the story by telling students that they will be taking part in an adventure during today's class.
3. Students should remember the importance of following directions as the story is read to them.
4. The teacher should pause the story if students are not following directions. The adventure will resume once the students are ready to listen to direction again.
5. Students should be encouraged to try their best to perform every activity in the story. If a student has difficulty, other members of the class can assist in helping that student accomplish their goals.
6. At the end of the story, the teacher should review some of the movements from the story to show the students how the story encouraged them to exercise. Asking specific questions about the story will test the listening comprehension of the class.

CheckList

Before we begin our trip to outer space, we need to be in top physical shape. We want to make sure that everyone is prepared.

- First, we will test our strength.
 - ✓ Can we do our push-ups?
 - ✓ Can we do our sit-ups?
 - ✓ Can we run in place?
 - ✓ Can we remember how to do our jumping jacks?
- Next we must see if we are flexible enough for the obstacles we are about to encounter on another planet.
 - ✓ Can we touch our toes?
 - ✓ Can we stretch out our arms?
 - ✓ Can we make big and small arm circles?
 - ✓ Can we rotate our upper body from side to side?
- Now we will see if we are able to follow the commands given to us by the Space Shuttle Captain.
 - ✓ Can we stand in a straight line?
 - ✓ Can we remember to take turns and share equipment?
 - ✓ Can we remember to stay in line and not cut in front of others?
 - ✓ Can we remember to keep our hands to ourselves unless we are helping a teammate?

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Our First Trip to Space (continued)



It's time to prepare for liftoff! Everyone, put on your space suit!

(Give students time to put on their suit, helmet, backpack and moon boots.)

We are going to be leaving our planet, but don't worry -- we will return before it is time to go inside for our next class. Everyone buckle up, because we don't know what kind of meteor showers they are calling for today!

(Stand in front of the class to get them ready for takeoff. Start moving slowly in a line to show that the shuttle has taken off. Make one big lap around the equipment. Be sure to tell students to stay in line or else the space shuttle will lose energy.)



1 Now that we have landed on the planet, we must be sure to stay close to the members of our group. The first thing we need to do is carefully exit our space shuttle. Let's be sure that we stay in line and exit the space shuttle safely.

Taking one step at a time, let's climb out of the control tower and slide down the supporting poles to the ground of this alien planet.

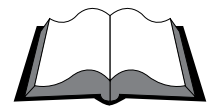
The first area of the planet that we see contains a tall fence that stands in front of our space shuttle. After we study it briefly, we all agree that this will be an easy climb for us. Let's all climb across this side of the fence. Look, there is a secret area of the fence that permits us to latch on to the opposite side. I don't know what might happen if we touch the ground near the fence, so let's climb across the opposite side of the fence without touching the ground.



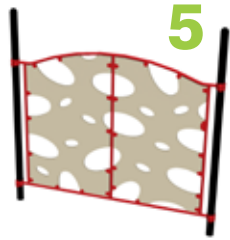
To our amazement, the next thing that we notice is a huge wall of moon rock, just waiting to be explored. Let's all take turns climbing around the moon rock. Make sure to climb through any holes in the moon rock that you find. I see that many of the group members strike funny poses near the moon rock, and some of you even begin to exercise near the moon rock to get your legs moving again after the long journey. I see children doing jumping jacks, push-ups, and even some sit-ups!

4 Let's continue on our journey across this alien planet. Hey look! Every time we jump instead of walk, we are able to jump higher than we ever did before! Some students are so high off the ground, I think they might be soon lost in space!

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Our First Trip to Space (continued)



We continue to jump our way across the planet until we meet up with another wall. This wall could not have been made by humans. We have never seen the type of material that this wall is made of. It is much

stronger than any metal known to man. Let's try to climb to the very top of the wall. If any of your teammates has difficulty climbing, be ready to help them or catch them if they fall.

Next to the newly discovered wall, there is a moon rock with a platform above it. It almost looks like a teleporter that could send us to a new location. The leader of the group steps up on the platform and grabs the handles above their head. Shaking back and forth three times, suddenly they disappear! Each member takes a turn doing the same thing until all group members have relocated to a new spot yet to be discovered on the planet.



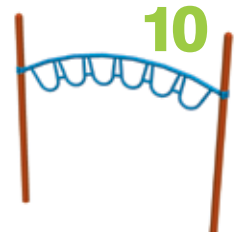
It is at this new location that the group notices a futuristic set of playground equipment. This equipment is very similar to a slide that we have at our very own playground at our school. The only difference is that this slide does not have a seat to it. The group attempts different ways to go down the slide.

Near the slide, the group notices a rope course that goes over an electric field. The ropes are used by the group as a bridge over a huge electrical current. The first rope course requires side steps to move from one side to the other.



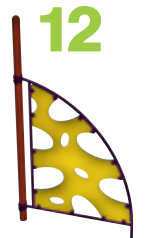
The second rope course looks like the tile floor of our space shuttle. Suddenly we realize that there are aliens underneath the floor!

We do not want to wake up the aliens, so we carefully use the ropes to move to the skeletal bones cross walk that is suspended over a huge canyon. We want to make sure not to lose our grip.



Once we reach the other side of the canyon, we see a spinning device. This spinning device is special. If we turn three times around in the device, we are able to fly. We fly back over the canyon to pick up the other team members who were afraid of using the skeletal bones to cross the canyon.

The sight of all group members flying on their own makes the trip that much more enjoyable. Soon we spy a small alien wall that takes away our flying powers when we touch it. We all need to climb up one side of the wall and climb down the opposite side of the wall. As soon as we touch ground again, our power of flight is gone and we are ready to head back home.



First we have to climb back up the slide and down the ladder to return to our space shuttle. We have to make sure we are all standing in line and buckled in for our journey home. As we lift off, we look out the window to take one last look at the planet we have just discovered. The group is so excited to be heading home, where we will tell everyone about the wonderful things we experienced on our journey.

The End