



# 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 plant.
- **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?