**Planning: Physical Activity**  
**Theme: Space**

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<tr>
<th>Activity</th>
<th>Skills/Development Matters Criteria</th>
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| **Outer Space Obstacle Course:**  
Use a large space, either a hall or preferably somewhere outdoors.  
Make an outer space obstacle course. You could use hoops and jump into a crater, use cones and pretend to be planets, move in/out of the cones, and when you say ‘shooting stars’ the children have to run as fast as they can around the space, negotiating the obstacles. Place cushions on the floor and encourage children to take giant leaps over them.  
Explain that in space, this is how astronauts have to walk when going on a moon walk. | **Skills:** Spatial awareness, walking, running, jumping, leaping, stepping, dodging, evading, changing direction, |
| **Rockets:**  
Gather the children and get them to stand in a circle.  
Explain that all the different planets are round, just like the circle they are stood in.  
Invite the children to then find a space.  
Encourage the children to crouch down as low as they possibly can and count 1,2,3 or 5,4,3,2,1 then ‘blast off’ with the children jumping as high up as possible.  
To extend, try and encourage the children to jump off a low surface and explain that they are flying saucers.  
You could introduce a bean bag or a small ball for the children to throw when they ‘blast off’ and progressively introduce targets. | **Skills:** Jumping, leaping, landing, stretching, balancing, *aiming*, bending, reaching, remembering, repeating. |
| **Space Adventure:**  
Invite the children to come and join you on a walk through space. You could also use books about space, or sing songs like ‘Five Little Men in a Flying Saucer’ or ‘Twinkle Twinkle Little Star’ to help set the scene.  
Make movements to match the words that are used in the stories or songs as you are on your walk.  
For example;  
**Space walk** – slow like an astronaut;  
**Alien walk** – funny walk; | **Skills:** Walking, running, spatial awareness, spinning, stretching, reaching, remembering, repeating. |
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<th>Activity</th>
<th>Description</th>
<th>Skills</th>
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<td><strong>Spinning planets</strong></td>
<td>stand and spin; Meteor – sit and spin; Star – star shape; Planet – make self into a ball; Rocket – run fast; Moon Walk – giant steps</td>
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<td><strong>Asteroid Blast:</strong></td>
<td>Use an outer space related picture for a target and use beanbags to throw at the targets. The targets can be placed on the floor or on walls etc. Some examples would be stars, planets, or a funny looking alien. Encourage the children to stand a realistic distance away from the targets and get them to throw their beanbags, trying to hit the stars/planets/aliens. You could make the beanbags look like lumpy asteroids by stuffing them with a few marbles among the beans.</td>
<td>Throwing, aiming, hitting, counting (how many times they hit the target)</td>
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<td><strong>Space Race:</strong></td>
<td>Place or ‘hide’ outer space related pictures or objects around the area you are working in. Invite the children to discuss what we see in outer space, what do we see when we look up to the sky at night, what these things look like etc. Place one hoop on the ground. This is known as the ‘black hole.’ The children then have to go and collect the items/pictures you have placed/hidden and put them into the black hole wherever you have placed it. Encourage accurate placing/throwing of the objects/pictures into the black hole, by saying that if they don’t land in the black hole we will lose them in outer space. Perhaps give the children 30 seconds to try and find them, and finish with a loud 5, 4, 3, 2, 1 countdown. Extend by encouraging children to move around whilst looking for the pictures/objects in movements mentioned in activity <strong>Space Adventure</strong>.</td>
<td>Exploring, touching, holding, running, spatial awareness, problem solving, picking up</td>
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<td><strong>Alien’s Lunch Box:</strong></td>
<td>Invite the children to imagine they are an alien. You may need to check that the children understand what an alien is first of all. Explain that their alien is planning a trip to Earth from their own planet to explore. He/She will need to take a packed lunch so that they do not get too hungry. Place two hoops on the floor – one green for ‘healthy foods/drinks’ and one red for ‘less healthy’ foods and drinks. Hold up different packed lunch items and ask the children whether they are healthy (ask a child to come and place the item in the green hoop) or less healthy (ask a child to come and place the item in the red hoop) for their alien.</td>
<td>Problem solving, recognition, picking-up, listening, attention</td>
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crackers, breadsticks, a satsuma, a box of raisins, a cheese/egg/tuna/ham sandwich etc. Examples of less healthy items: sweets, crisps, chocolate bar, jam sandwich, chocolate spread sandwich, juice drink like Fruit Shoot or Rubicon, fizzy drink like cola or Tango, milkshake drink like Yazoo or Frijj, biscuits, cakes.

### Make Alien Pizzas:
Support the children to prepare ‘alien pizzas’ by using various healthy toppings to make the face of their alien. Example ingredients:
- Ready-made mini pizza bases, halved English muffins or the children can make their own pizza dough from scratch if time.
- Tomato puree/passata
- Grated cheese
- Sweetcorn niblets
- Sliced tomatoes
- Sliced peppers
- Pieces of ham or chicken
- Chunks of tuna
- Sliced mushrooms

If an oven is available, a member of staff can grill the pizzas and the children can eat them instead of the usual snack. If no oven is available, the children can take their uncooked pizzas home to be cooked and shared with their family.

Support the children to help wash-up.

Ask the children to think about which ingredient …
- ‘is your favourite?’
- ‘you have never tried before?’
- ‘you will need to try again to see if you like it?’

Use the activity to talk about:
- Healthy foods
- Fruit and vegetables (Fay 5 a Day)
- Healthy portions (Me Size Mickey)
- Handwashing and hygiene
- Tasting new foods

### Skills:
Assembling, sharing, handling equipment, imagination and creativity, self-feeding, washing up, hand washing