



PE Lesson:

MUSIC: SPACE ADVENTURE

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 4 movements to create a sequence

Perform your sequence to someone else
What do they think?



Top Tips!

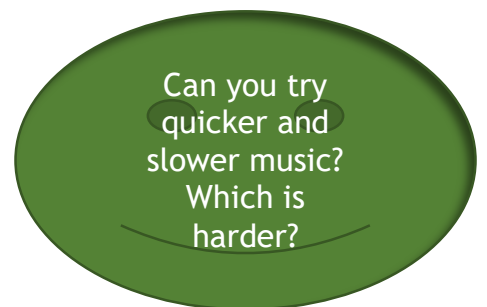
Use big movements!

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!



Lets Reflect

Did you keep trying to improve your routine?

Did you challenge yourself to create harder movements?