



# WHFCS KS1 PE

## Dance Space Adventure



## 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 four movements to create a sequence. Perform your sequence to someone else. What do they think?

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

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 family member to extend your sequence. One of you could become an alien



## 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?

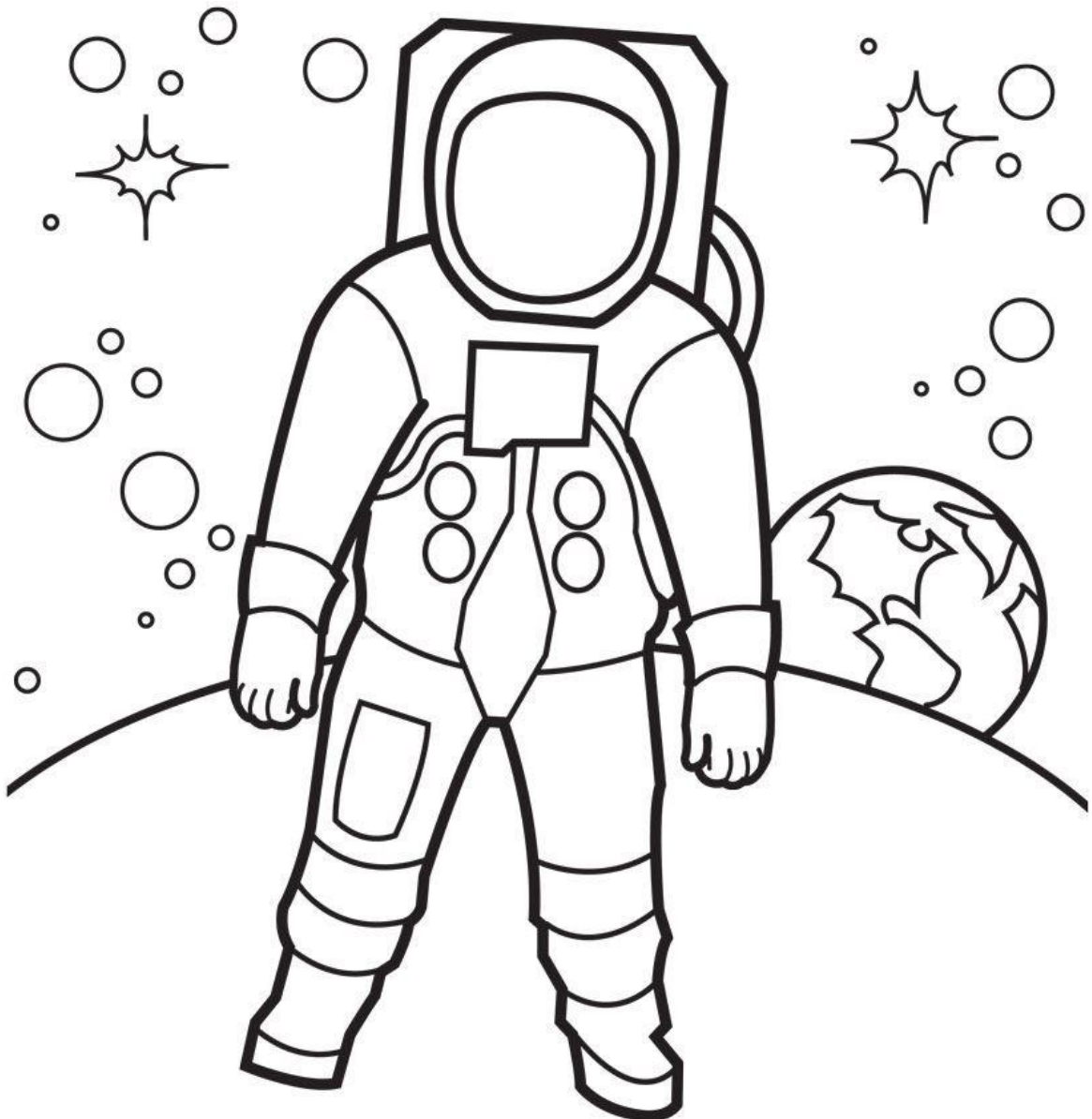
Why did you choose the moves that you performed?

What characters did you choose and why



## Astronaut costume design

I would like you to design a costume for either a boy or a girl or both. Then on your return to school, please show Mr Jones as the winner will receive a prize.



### Space word search

o	z	z	c	s	m	q	w	l	s
p	l	a	n	e	t	s	b	c	p
b	i	f	u	c	l	z	u	g	a
m	n	n	n	r	s	g	n	t	c
a	f	x	i	e	z	a	u	p	e
r	r	c	v	a	t	l	s	z	s
t	l	d	e	t	z	a	u	b	h
i	s	u	r	u	e	x	a	t	i
a	w	g	s	r	q	y	l	a	p
n	q	r	e	e	w	e	i	r	d

Martian  
planets  
spaceship  
creature



weird  
unusual  
universe  
galaxy



## Home learning links

During home learning, I have attached some activities that you can do at home to keep you active. I would like you to try your best and stay active!

Get Kids moving -

<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ>

Cosmic kids Yoga -

<https://www.youtube.com/user/CosmicKidsYoga> Disney

Dance along -

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Change for life -

<https://www.nhs.uk/change4life/activities> Wake up

shake up –

[https://www.youtube.com/watch?v=x\\_9L5\\_A6Ww4](https://www.youtube.com/watch?v=x_9L5_A6Ww4)

Go noodle – <https://www.gonoodle.com/>

Footy pups -

<https://www.youtube.com/channel/UCPEU0->

[Q1XvF4khh6aC2JSmA/featured](https://www.youtube.com/channel/UCPEU0-Q1XvF4khh6aC2JSmA/featured)

Just dance Kids –

[https://www.youtube.com/results?search\\_query=just+dance+kids](https://www.youtube.com/results?search_query=just+dance+kids)

Boogie beebies – <https://www.bbc.co.uk/programmes/p01z05js>

