

KS1 – Assembly Plan 1

What do astronauts do in space?

What does it take to live and work in space?

Preparation:

- Print or display images of astronauts in space
- Download a short video of the ISS or astronaut training (e.g. ESA or NASA kids content)
- Prepare an item to represent space food, a mini astronaut suit or toy, and a small model of the ISS or rocket
- A large image of Earth from space for the end reflection
- Space-themed background music (e.g. Holst's "The Planets" – Jupiter)

1	Welcome and Introduction (3 minutes): Welcome children and explain that today we're travelling somewhere very exciting — space! Ask: "Hands up if you've ever wanted to be an astronaut?" Today's big question is: What do astronauts do in space?
2	Example 1 – Astronaut Jobs (5 minutes): Explain: Astronauts are scientists, engineers and explorers. They don't just float around! They: • Fix and test machines • Carry out science experiments • Go on spacewalks Hold up or show images of real astronauts working on the ISS. •
3	Example 2 – Living in Space (5 minutes): Life in space is very different. Astronauts: • Sleep in floating sleeping bags • Eat special food from packets • Exercise for 2 hours a day to stay strong Show a packet of "space food" or an image of a space meal. •
4	Example 3 – Getting Ready for Space (5 minutes): Explain: Before astronauts go to space, they must train for months. They learn how to: • Float in zero gravity • Fix things underwater • Stay calm and work as a team Ask: "Would YOU like to train to be an astronaut?"

5	Interactive Moment (6 minutes): Ask for volunteers: “Who wants to be an astronaut today?” Choose 3–4 children to come up and “train”: • Stretch like you’re reaching for a star • Float in slow motion • Practise fixing something on a spacewalk (pretend tool!) The rest of the children can copy from their seats. Applaud the new ‘astronauts’!
6	Optional Inspiring Video (4 minutes): Show a 1–2 minute video of astronauts on the ISS doing something fun (e.g. brushing teeth in space or floating around).
7	Conclusion (3 minutes): Summarise: Astronauts are brave, clever, and curious. They help us learn about our planet, the Moon, and even Mars. Say: “Maybe one of you will explore space one day!”

Reflection

Show an image of Earth from space.

Ask children to sit quietly and imagine looking at Earth from space.

Say: “Our world is beautiful, and science helps us understand it better.”

Music

The Planets – Jupiter (Gustav Holst) or Theme from WALL·E (Thomas Newman)

(Play softly as children leave)

Cross-Curricular Links:

- Science: Understanding space, gravity, and astronauts’ lives
- English: Write a diary entry: “My Day on the International Space Station”
- Art: Draw yourself in a space suit or design your own spaceship
- PSHE: Resilience and teamwork in challenging environments