# **Year 3** – Lesson Plan 2 – **P.E.**

## ***How can we use teamwork, agility, and stamina to complete a space mission successfully?***

| Aim: | Key Words: | Preparation: |
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| To develop co-ordination, speed, and problem-solving skills through space-themed team challenges that simulate the journey to Mars. | • Mission, orbit, agility, stamina, teamwork, launch, obstacle, explore. | • Cones to mark "space stations"<br>• Hoops for "airlocks"<br>• Mats for "safe landing zones"<br>• Skipping ropes for "space tunnels"<br>• Beanbags or soft balls for "meteor samples"<br>• Stopwatches or timers<br>• Optional: space-themed background music |

**Prior Learning:** Children should already be able to travel in different ways (running, hopping, crawling), work co-operatively, and follow a sequence of activities.

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| WC / PT | Warm-up:<br>Children jog around the area pretending to be spaceships preparing for take-off.<br>Teacher calls out commands:<br>• "Lift-off!" – jump as high as possible.<br>• "Dock!" – step into a hoop.<br>• "Orbit!" – run in a circle around a cone.<br>• "Asteroid alert!" – dodge imaginary space rocks.<br>Gradually increase the pace to raise heart rates. | 0-5 mins |
| WC | Main Teach:<br>Introduce skill stations:<br>1. **Space Tunnel Crawl** – crawl under skipping ropes or benches.<br>2. **Meteor Collection** – collect beanbags one at a time and bring them back to base.<br>3. **Zero-Gravity Leaps** – jump between mats or hoops, landing softly.<br>4. **Asteroid Dodge** – weave in and out of cones quickly without touching them.<br>Demonstrate safe movement, showing how astronauts stay balanced and controlled in low gravity. | 5-10 mins |

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| I / S | <u>Activity:</u><br>Link all skill stations into one big Mars mission:<br>1. Crawl through a "space tunnel" to leave the spacecraft.<br>2. Dodge asteroids to reach the planet's surface.<br>3. Leap between landing zones in zero gravity.<br>4. Collect meteor samples and return them to base.<br>Teams work together to complete the mission as quickly and accurately as possible.<br>After one round, swap roles or mix the order of activities for variety. | 10-30 mins |
| I | <u>Extension Challenge:</u><br>Teams create a new challenge to add to the course, e.g., "repairing a space module" or "rescuing a stranded astronaut." | 30-35 mins |
| WC | <u>Plenary:</u><br>Gather as a crew and reflect:<br>• What skills helped your team succeed?<br>• What was the trickiest part of the mission?<br>• How did you support each other?<br>Cool down by walking in slow-motion "moon steps" around the space. | 35-40 mins |

WC – Whole Class PT – Partner Talk I – Independent S - Support

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| Challenge A | **Science Link:** Research real astronaut training – find out how they prepare for space travel. |
| Challenge B | **Geography Link:** Locate Mars on a map of the solar system and compare its size and climate to Earth. |