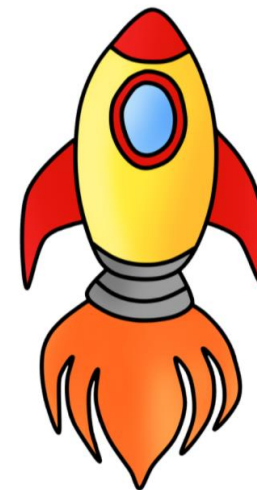


# Astronaut Academy



Welcome to the astronaut training camp.

We have created a series of tasks for you to complete in your **afternoon sessions** this half term, this will help you graduate with the skills of an astronaut. At the end of the spring term we will hold a graduation ceremony!

Try to complete as many of the different activities from the boxes below.

Ask an adult to give you astronaut points for each activity. You can earn a maximum of 5 per session!

Use the astronaut activity sheet to keep track of your points (some of the activities on this sheet are from our foundation activity booklet!)

Good luck!

## Fitness

- Create your own fitness circuit. Make sure to record how many times you complete it and how you feel.
- Research the different types of exercises an astronaut would take part in daily.
- Go for a walk or run every day. Write a diary about how you feel. Has your fitness improved?

## Art

- Design your own astronaut outfit.
- Design and create your own space rocket out of paper or card.

## Facts

Astronauts need to know lots of facts about space and what they can expect if they were to spend time in space:

- Create your own quiz or game with your knowledge
- Create a fact-file on Tim Peake You can watch his interview here:

<https://www.youtube.com/watch?v=binIHBHrBcU>

## Current space travel

Space exploration is still happening!

- Can you find out what the ESA or NASA current focus is?
- Have there been any recent space shuttle launches?