Year 3 – Lesson Plan 2 – P.E.

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

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

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

1 / S	Activity: Link all skill stations into one big Mars mission: 1. Crawl through a "space tunnel" to leave the spacecraft. 2. Dodge asteroids to reach the planet's surface. 3. Leap between landing zones in zero gravity. 4. Collect meteor samples and return them to base. Teams work together to complete the mission as quickly and accurately as possible. After one round, swap roles or mix the order of activities for variety.	10-30 mins
I	Extension Challenge: 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	Plenary: Gather as a crew and reflect: What skills helped your team succeed? What was the trickiest part of the mission? How did you support each other? 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

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.	