



### Overview:

3...2...1...Blast off! Explore outer space while exercising specific muscle groups to improve fitness. Step into your shuttle and zoom off to visit the planets.



### Goals:

#### Performance

Students will identify various objects found in outer space.

#### Cognitive

Students will gain a better understanding of the universe.

#### Affective

Students will appreciate the vastness of the universe.

#### Pre Teach Vocabulary

**Shuttle** - A space craft that carries astronauts.

**Astronaut** - A person whose job is to travel and work in space.

**Sun** - A star that is nearest to the earth and provides heat and light. The earth travels around the sun.

**Moon** - An object that circles around a planet.

**Planets** - A large object that moves around the sun or another star.

**Solar System** - Planets and moons that orbit (go around) a star.

### Lesson:

Objects in the sky

#### National Standard(s) Addressed:

##### #4 Earth and Space Science -

Students will develop an understanding of objects in the sky.

#### Activate Prior Knowledge

Before reviewing vocabulary words, ask students to share any prior knowledge they have with regard to outer space. List on the board, all information given by the students. Introduce the students to the vocabulary words for this lesson. Next, tell students to put their space suits on and get ready for take off!

#### Assess and Think Critically

Write the following on the board:

How many planets are there in our solar system?

Name the planets.

What happens when we leave earth's gravity?

Who was the first person to walk on the moon?

What might one find on the moon?

What planet has many rings?

Place students in groups of four. Ask students to respond to questions as a group. *[To make this activity more challenging...keep score.]*



### Overview:

3...2...1...Blast off! Explore outer space while exercising specific muscle groups to improve fitness. Step into your shuttle and zoom off to visit the planets.

### Goals:

#### Performance

Students will perform exercises specific to particular muscle groups.

#### Cognitive

Students will know that they must perform specific exercises to improve specific muscle groups.

#### Affective

Students will realize the importance of exercising to improve overall fitness.

#### Pre Teach Vocabulary

**Specific** - Working particular muscle groups.

**Fitness** - Strong and healthy.



### My Ideas:

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### Lesson:

Introduction to Principles of Exercise: Specificity

#### National Standard(s) Addressed:

**#4 Physical Fitness** - Achieves and maintains a health-enhancing level of physical fitness.

#### Activate Prior Knowledge

Ask students to name activities or exercises they do to improve their leg muscles. Arm muscles? Stomach (abdominal) muscles? Explain that today they will learn about our solar system, as well as perform exercises that will improve the fitness of specific muscle groups.

#### Assess and Think Critically

Ask students to think about the activities they performed while on their exploration today. List the activities on the board. Next, ask students to identify the "specific" muscle groups that were used for each activity listed on the board.