

## Train Like an Astronaut

## Physical Activities

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[Agility Astro-Course](#)[Base Station Walk-Back](#)[Building An Astronaut Core](#)[Crew Strength Training](#)[Crew Assembly Training](#)[Do a Spacewalk!](#)[Jump for the Moon](#)[Speed of Light](#)[Mission: Control!](#)[Explore and Discover](#)

## Educational Activities

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## Train Like An Astronaut

Out-of-this-world activities for a healthier generation of kids

## About the Physical Activities

These physical activities, illustrated in the Mission Handouts, utilize the same body parts/systems as astronauts do in training and on missions in space. The activities may be used by individual students or delivered to an audience of students by educators.

Each Mission Handout contains a crew member mission, mission briefing, mission assignment, and mission purpose, plus vocabulary and related NASA facts. Safety guidelines are also provided for a successful completion of each mission! The Mission Handout physical activities can be practiced over time – simultaneously or one per week.

These handouts should be reviewed and understood by the student prior to participation in the physical activity.

Correlated to the National Education Standards, the Mission Handout Educator Guide provides NASA background information and also give hints on delivery of the physical activity to students. Monitoring and assessment questions are included in the guide for use before, during and after the delivery of the physical activities. Additional resources and career links can be accessed as extensions to the Mission Handouts.



## Physical Activities

**Activity: Agility Astro-Course**

Train to improve your agility, coordination and speed by completing the Agility Astro-Course.

**Activity: Base Station Walk-Back**

Train to improve your lung, heart, and other muscle endurance while walking a progressive, measured distance.

**Activity: Building An Astronaut "Core"**

Train to improve the strength in your abdominal and back muscles by performing the "Commander Crunch" and "Pilot Plank" exercises.

**Activity: Crew Strength Training**

Train to develop your upper and lower body strength in your muscles and bones by performing body-weight squats and push-ups.

**Activity: Crew Assembly Training**

Train to improve your dexterity and hand-eye coordination by assembling a puzzle.



#### Activity: Do a Spacewalk!

Train to increase your muscular strength and improve upper and lower body coordination by performing the "bear crawl" and the "crab walk".



#### Activity: Jump for the Moon

Increase bone strength and improve heart and other muscle endurance by performing jump training with a rope, both while stationary and moving.



#### Activity: Speed of Light

Train to improve your hand-eye reaction time and improve your concentration by performing a time reaction activity using a ruler.



#### Activity: Mission: Control!

Train to improve your balance and spatial awareness by performing throwing and catching techniques on one foot.



#### Activity: Explore and Discover

Train to improve your aerobic and anaerobic fitness by carrying weighted objects.

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NASA Official: Brian Dunbar

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Budgets, Strategic Plans and Accountability Reports  
Equal Employment Opportunity Data Posted Pursuant to the No Fear Act  
Information-Dissemination Policies and Inventories

Freedom of Information Act  
Privacy Policy & Important Notices  
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