

# Family Activity Night Mission to Mars

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students, parents/caregivers, and community members work collaboratively to complete 7 space-themed missions as quickly as possible.

## Why Do It?

This mission is out of this world! In a mock space mission, students demonstrate relationship and social skills as they work collaboratively in small groups to complete 7 space-themed physical activities on their mission list.

## How Do We Do It?

Teachers, students, and parents/caregivers work together in self-formed groups of 5–6.

Each group completes the following activities together as quickly as possible.

Groups can complete their mission in any order but must remain together.

- Blast Off – Jog on the spot while counting backwards from 30.
- Meteor Shower – Hop on alternating legs around the activity area 2 times.
- Space Travel – Jump as high as you can 20 times.

- Lunar Landing – Crab-walk the length of the activity area.
- Space Craft Cruising – Run in a zigzag pattern for the length of the activity area as if you are driving a spacecraft.
- Greetings Earthlings – Run through the activity area high fiving 10 people.
- Martian Mountain Climbers – Perform 10 mountain climbers in each corner of the activity area.

## What Else Do We Need?

Consider providing missions on paper for groups to keep with them, or listing all missions for everyone to read on poster paper at the front of the activity area.

## How Do We Get Creative?

Students add their own space-themed missions.

Provide healthy snacks in the shapes of stars and moons.

Teams create “super star” team names.

Students create invitations, decorations, and a music playlist associated with the theme.

Adapted from: Ophea, Anytime, Anyplace, Anywhere workshop.