

Planet Bop - Levels C & D

STAY
ACTIVE

To combine movement, listening, and imagination by linking planets to physical actions. Inspired by Mars in the Playful Astronauts journey, this activity celebrates energy, motion, and playful exploration while supporting focus, memory, and social connection through movement-based play.

Learning Intentions

Students aim to listen carefully and move their bodies in different ways in response to verbal cues.

Students aim to remember and respond to different actions at the correct time.

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Success Criteria

I can move my body safely when I hear the name of a planet.

I can listen and follow instructions during the game.

I can play with others in a happy, respectful way.



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Duration: 10 - 15 minutes

Objective

To combine movement, listening, and imagination by linking planets to physical actions. Inspired by Mars in the Playful Astronauts journey, this activity celebrates energy, motion, and playful exploration while supporting focus, memory, and social connection through movement-based play.

Players

Whole class or small groups
Suitable for 4 - 26 students
Played in an open indoor or outdoor space

What You Need

Music player with upbeat music
Clear open space for movement
Optional: planet cards or visuals showing planet names (found in PDF resource)
Optional: space-themed props or posters
AAC devices or communication boards as required

Setup

1. Clear the play space so students can move safely without obstacles.
2. Revisit the Mars theme briefly:
 - "Mars is full of energy and movement."
 - "Today we will play a fast, fun space movement game."
3. Introduce the planets and their matching actions. Keep language clear and simple.
4. Practise each action together before starting the game.

Suggested Planet Actions (adapt as needed):

- Mercury: tiptoe quickly in place
 - Venus: blow a kiss or trace a heart
 - Earth: slow spin on the spot
 - Mars: jump and land safely
 - Jupiter: reach up tall like a giant
 - Saturn: circle arms like rings
 - Neptune: wave arms slowly like water
 - Pluto: curl up small
 - Uranus: marching on the spot with high knees
5. Explain safety rules: stay in your own space, gentle movements, eyes watching.
 6. Confirm AAC devices are on and open to go, stop, planets, or movement pages.



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Gameplay

Step 1: Explain the Game

Tell students:

- “We will move while the music plays.”
- “When I say a planet, you do the action.”
- “If the music stops, we all freeze like space statues.”

Model each action clearly as you call it.

Step 2: Begin Planet Bop

1. Start the music and call out one planet at a time.
2. Allow enough time for students to complete each movement.
3. Gradually vary the game by:
 - Calling planets more quickly
 - Calling two planets in a row
 - Changing voice or tone for fun
4. Continue to model actions until students begin to remember them independently.
5. Encourage smiles, laughter, and encouragement between peers.

Step 3: Student Leadership (Optional)

- Invite students to take turns calling out planet names.
- Support student leaders with visual planet cards if needed.

Debrief / Reflection

Bring students together for a calm cool-down and ask one question at a time:

- “Which planet was your favourite?”
- “Which movement was tricky or fun?”
- “How did your body feel after playing?”

Reinforce the message:

“Moving and playing helps our bodies and brains feel good.”

Winning the Game

There are no winners or losers.

The reward is shared movement, imagination, and joyful play.



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Sensory-Specific Learner Variation

Purpose: To support regulation and engagement during high-energy movement.

Adjustments include:

- Use fewer planets to reduce cognitive load.
- Keep music volume low or remove music if needed.
- Allow students to observe first and join when ready.
- Offer predictable patterns (same planet order each round).
- Provide calming breaks between rounds.

AAC-Specific Supports

1. Prepare AAC in Advance

- Pages with: go, stop, jump, spin, reach, my turn, finished

2. Model AAC Use

- Teacher selects symbols while calling out planets and actions

3. Supported Participation

- Students may:
 - Activate a button to indicate the planet
 - Point to a planet card
 - Use eye gaze or gesture

4. AAC Reflection

- Ask: "Which planet did you like?"
- Students respond using AAC, pointing, or gesture

Accessibility and Inclusion Notes

- Adapt all movements for seated or upper-body participation.
- Ensure wide, clear pathways for wheelchair users.
- Offer alternative roles such as planet caller, music controller, or cheer leader.
- Accept clapping, tapping, or arm movements as valid participation.
- Celebrate effort, enthusiasm, and creativity equally.

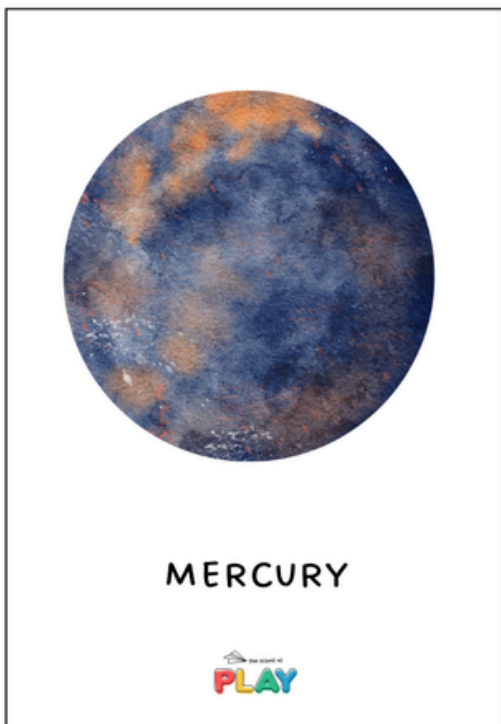
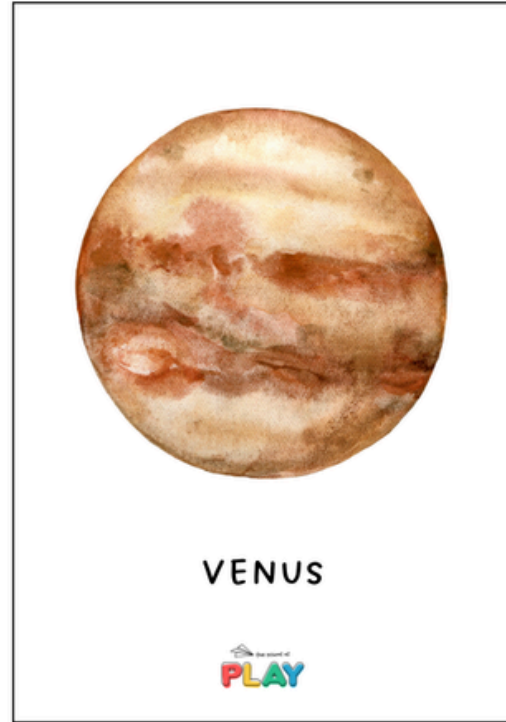
Teacher Notes

"Planet Bop – Levels C & D" supports listening skills, memory, coordination, and joyful engagement. Linked to the Mars theme, it reinforces that energetic play is a powerful learning tool. This activity works well as a warm-up, movement break, or end-of-session celebration that brings imagination, laughter, and physical activity together.

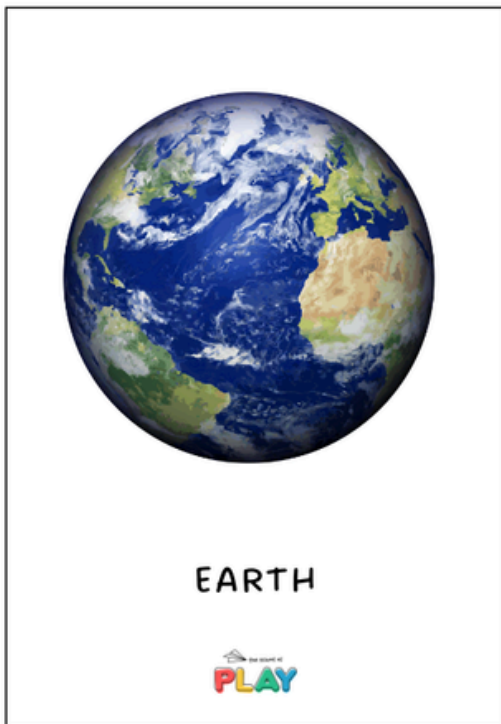
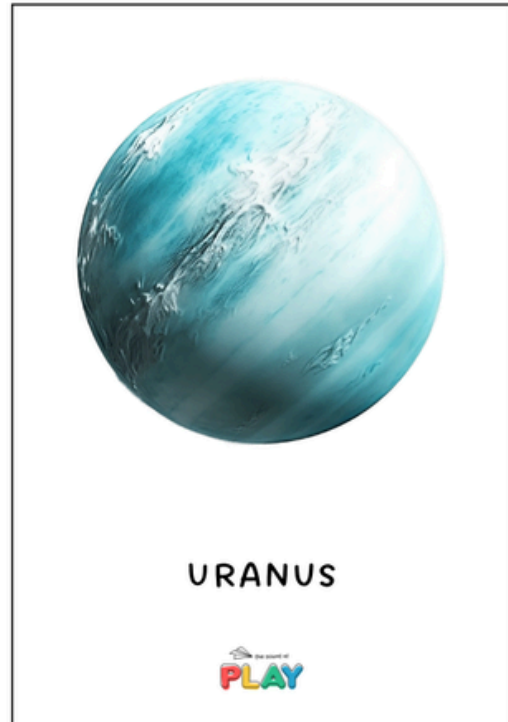


PLANET CARDS

PRINT AND CUT OUT THE CARDS. PLACE THEM WHERE ALL STUDENTS CAN SEE WHILE CALLING OUT THE PLANET NAME. STUDENTS RESPOND BY PERFORMING THE MATCHING MOVEMENT FOR THAT PLANET WHILE MUSIC PLAYS, THEN FREEZE WHEN THE MUSIC STOPS. ROTATE LEADERS OR SHUFFLE THE CARDS TO KEEP THE GAME ENGAGING.



PLANET CARDS



PLANET CARDS



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