

Planet Bop - Levels F-3

STAY ACTIVE

To combine movement and imagination by turning each planet into a fun physical action. Students practise the life skill of play through energetic listening and movement, inspired by Mars, the planet of energy, motion, and adventure. This game brings the solar system to life with laughter and joy.



Learning Intentions

Students will practise listening carefully and moving their bodies in different ways for each planet. This supports physical literacy and auditory processing.

Students will learn to play a fun movement game with their friends while taking part safely. This builds coordination, cooperation, and enjoyment through play.

Students will practise remembering different actions and performing them at the right time. This develops memory, focus, and quick responses in an engaging way.



Success Criteria

I can move my body in fun and safe ways when I hear each planet.
This helps students connect movement to words and enjoy physical activity.



I can listen carefully and follow instructions during the game.
This encourages self-regulation and concentration.

I can smile, laugh, and play with others in a happy and respectful way.
This promotes social bonding and shared enjoyment.



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Objective:

To combine movement and imagination by turning each planet into a fun physical action. Students practise the life skill of play through energetic listening and movement, inspired by Mars, the planet of energy, motion, and adventure. This game brings the solar system to life with laughter and joy.

Players:

Ideal for 4–26 students in an open space.

Materials:

- Music player with upbeat music
- Open area indoors or outdoors
- Optional: planet cards or visuals with names and matching actions (some examples are listed below for you).
- Space-themed props or planet posters (optional)

Time Required:

10–15 minutes

Setup:

Before beginning, revisit the Mars page from *The Playful Astronauts* book. Remind students that Mars is all about playing with energy and excitement and that today's game is a playful mission across the solar system!

Introduce the names of some planets and match each one to a special movement.

Example actions:

- **Mars** = Jump up and land safely
- **Earth** = Slow spin on the spot
- **Venus** = Blow a kiss
- **Jupiter** = Reach up high like a giant
- **Saturn** = Spin arms in a circle like its rings
- **Neptune** = Wave arms like flowing water
- **Pluto** = Curl up small like a tiny planet
- **Mercury** = Tiptoe quickly in place

Practise each action as a group before starting the game.



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Gameplay:

Explain the Activity:

Tell students: "We're going to dance and move like we're flying through space. When I call out a planet's name, you do the matching action! If the music stops, everyone freezes like a space statue!"

Start the music and call out planets every few seconds, giving time for each movement.

You can mix it up:

- Call two planets quickly for a fun challenge
- Add silly space voices for fun
- Let students take turns calling out planet names

Encourage smiles, laughter, and safe movement throughout.

As the teacher/facilitator you will need to model each move as you call out the planets so that the students can follow along with you. Eventually your aim is for the students to start to remember each action for each planet and you can stop modelling the actions.

Reflection and Calm Down:

At the end of the game, bring everyone together and sit in a quiet circle. Try a cool-down stretch while asking:

- "What was your favourite planet to bop to?"
- "How did it feel to play with your body and brain at the same time?"
- "Why do you think playing and movement helps us feel happy and healthy?"

Winning the Game:

There is no winner. The joy of play, movement, and imagination is the reward, just as Mars teaches us to explore and express with energy and excitement.

Variations:

Younger Students:

Simplify by introducing only three or four planets at first (e.g., Earth, Mars, Jupiter, Saturn). Gradually add more as they gain confidence.

Student Leaders Edition:

Appoint a "Mission Commander" to call out the planets while others follow. Rotate leaders each round to build confidence and responsibility.

Freeze Challenge:

When the music stops, students freeze in a silly or space-themed pose (e.g., rocket, star, alien).



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Team Galaxy:

Split the group into small teams. Each team gets one planet to represent and perform their movement whenever that planet is called.

Creative Remix:

Invite students to invent a brand-new planet with its own creative action, such as "Planet Giggle" (laugh and wiggle) or "Planet Zoom" (pretend to fly).

For Wheelchair Users / Accessibility:

- Adapt each planet's movement to upper-body actions, such as:
 - **Mars:** raise arms and reach tall
 - **Earth:** slow head or arm rotation
 - **Venus:** blow a kiss or trace a heart in the air
 - **Saturn:** circle arms like its rings
 - **Neptune:** wave arms smoothly like water
- Ensure all play spaces are free of obstacles and allow clear movement paths.
- Students with limited mobility can become "Mission Controllers", calling planets, using props, or directing the group.
- Use tactile or visual aids (planet cards, coloured lights) for students who respond better to visual cues.
- Incorporate music cues or sound effects to support students with hearing or processing challenges.

Notes for Inclusion:

- Model all movements first to ensure students understand and feel safe before starting.
- Encourage everyone to participate at their own comfort level, moving, miming, or even just clapping to the rhythm is great.
- Reinforce cooperation and positivity by celebrating effort over accuracy.
- Praise imaginative variations ("I love how your Mars jump looks!").
- Use inclusive affirmations throughout the game:
 - *"Every astronaut moves in their own way, and that's what makes our galaxy amazing!"*
- End the session with a collective affirmation:
 - *"We are strong, we are playful, and our imaginations can travel anywhere!"*

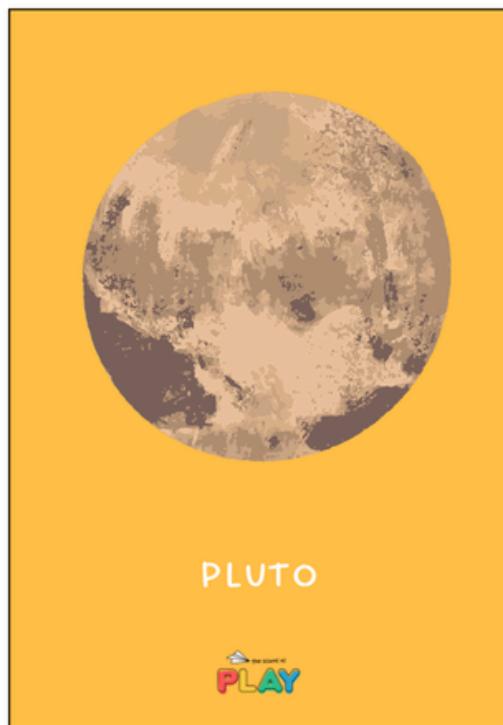
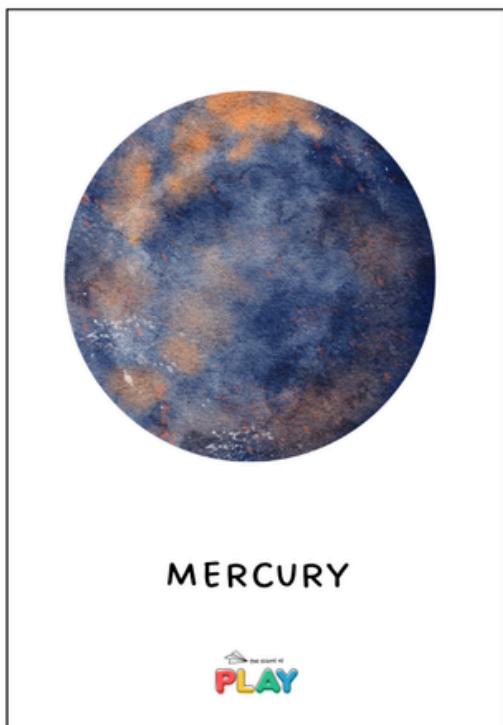
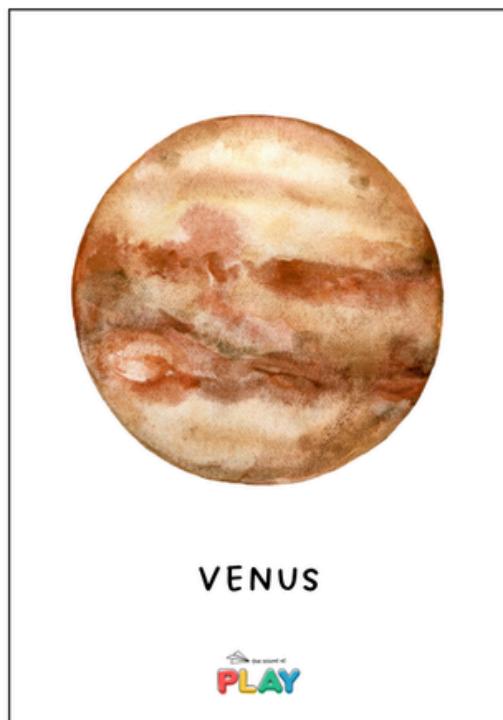
Additional Notes:

"Planet Bop" is a playful, high-energy activity that blends listening skills, movement, and creativity. Inspired by the active, curious energy of Mars, it shows students that play is an essential part of learning, especially when we move, imagine, and laugh together.

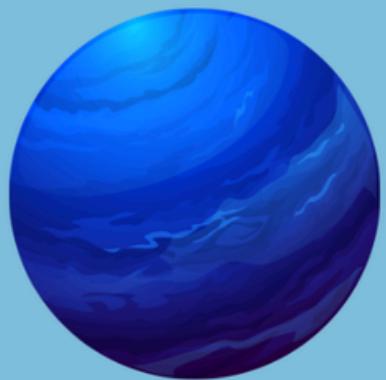


PLANET CARDS

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



NEPTUNE



URANUS



EARTH



SATURN



PLANET CARDS

