

Suit Up Workout - Levels C - D

STAY ACTIVE

To support students to consolidate learning from The Playful Astronauts by completing a playful, full-body movement sequence. Each movement links to a planet and life skill, helping students connect memory, emotion, and physical regulation through action.



Learning Intentions

Students aim to recall each life skill from the space journey and represent it through a matching movement.

Students aim to participate in a fun, whole-body workout that celebrates learning and builds physical confidence.

Students aim to notice how different movements help their body feel calm, strong, or happy.



Success Criteria

I can recognise and match a life skill with a movement.

I can follow along and participate in the workout in my own way.

I can show or communicate how movement makes my body feel.



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Duration: 10 - 15 minutes

Objective

To support students to consolidate learning from *The Playful Astronauts* by completing a playful, full-body movement sequence. Each movement links to a planet and life skill, helping students connect memory, emotion, and physical regulation through action.

Players

Whole class or small groups.

Materials

Open space indoors or outdoors with clear boundaries

Optional: music player

Visual cards or posters showing each planet and life skill (found in PDF resource)
AAC devices or communication boards

Setup

1. Create a clear, accessible movement space with wide pathways and no tripping hazards.
2. Review the nine planets and life skills using visuals and simple language:
 - Earth – Kindness
 - Mercury – Conflict
 - Venus – Vulnerability
 - Mars – Play
 - Jupiter – Confidence
 - Saturn – Gratitude
 - Uranus – Resilience
 - Neptune – Empathy
 - Pluto – Adaptability
3. Display or hold up the planet visual sheet so students can see them clearly.
4. Explain the activity:
 - “We are doing a Suit Up Workout.”
 - “Each planet has a movement.”
 - “Everyone joins in their own way.”



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Gameplay / Activity Steps

Step 1 – Space Suit Up

- Gather students in a circle or spaced formation.
- Explain that the workout helps astronauts get ready for life on Earth.
- Model the first movement and check students are ready.

Step 2 – Planet by Planet Movements

Move through the planets one at a time. For each planet:

- Say the planet name.
- Say the life skill.
- Demonstrate the movement.
- Repeat the movement together for approximately 15–20 seconds.

Suggested movements:

- **Earth – Kindness:** gentle hug to self
- **Mercury – Conflict:** side step and friendly high five or wave
- **Venus – Vulnerability:** soft butterfly arms across the chest
- **Mars – Play:** joyful jumps or seated arm bounces
- **Jupiter – Confidence:** strong power pose with wide arms
- **Saturn – Gratitude:** hands to heart, stretch tall
- **Uranus – Resilience:** bounce like a spring or rhythmic shoulder bounce
- **Neptune – Empathy:** mirror a partner's slow wave or gesture
- **Pluto – Adaptability:** spin and freeze, or change pose on cue

Provide encouragement and model calm transitions between movements.

Step 3 – Cool Down and Celebrate

- Finish with three slow “space breaths.”
- End together with a group phrase:
 - “We did it. We are Playful Astronauts.”

Debrief / Reflection

Ask one prompt at a time, using visuals if helpful:

- “Which planet did you like moving to?”
- “Which movement made your body feel good?”
- “How does moving help you feel?”

Accept responses through speech, gesture, pointing, AAC, or body language.



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Sensory-Specific Learner Variations

Purpose: To support regulation, body awareness, and engagement.

- Offer movement choices at each planet (big movement or small movement).
- Reduce music volume or remove music if needed.
- Allow students to sit, stand, or lie down during movements.
- Provide predictable structure by showing a visual sequence of planets.
- Offer heavy work options such as wall pushes or chair presses between movements.
- Allow students to step out and rejoin as needed.

AAC-Specific Supports

1. Prepare Key Vocabulary

2. Include or model:

- move
- stop
- again
- happy
- strong
- calm
- planet

3. Model AAC Consistently

4. Adults model AAC while speaking:

- “Jupiter – confident.”
- “I feel strong.”
- “Again.”

5. Supported Participation

6. Students may communicate by:

- selecting planet symbols
- choosing favourite movement
- indicating start or stop
- yes / no responses

7. Reflection with AAC

8. Prompt simple choices:

- “Like / don’t like”
- “Strong / calm”
- “Again / finished”



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Accessibility and Alternative Participation

- Replace jumping or spinning with seated or upper-body movements.
- Ensure all movements can be done from a wheelchair or chair.
- Encourage peers to adapt movements to match one another.
- Offer alternative roles such as movement leader, card holder, or music helper.
- Focus on participation, expression, and enjoyment rather than precision.

Inclusion Notes

- Celebrate effort and enthusiasm rather than accuracy.
- Reinforce teamwork and belonging: "Every astronaut matters."
- Use clear demonstrations and minimal verbal instructions.
- Respect individual comfort levels with movement and reflection.
- Support emotional safety by allowing opt-in participation.

Additional Notes

Suit Up Workout gives Levels C–D students a joyful, physical way to revisit the nine life skills from *The Playful Astronauts*. By connecting movement with memory and emotion, the activity strengthens recall, supports regulation, and ends the journey with energy, pride, and a strong sense of accomplishment.



PLANET VISUALS

