

Suitable for
5-7 years

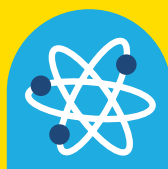
- Solo
- Pairs
- Groups

Sara's activity

Mission to Mars Script

Resource Pack

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Sound scape by Frances Lynch



Mission to Mars Script Breakdown

Mission 1: The Arctic

Focus: independent movement, learning about these workshops, creating a pieces of class choreography

Workshop structure:

- Sitting listening to the information
- Finding your own space in the room. Lying down with your eyes closed
- Imagining going to the Arctic
- Opening your eyes in the Arctic and moving around the space on your own
- Exploring movement in a cold environment, changing direction
- Striking a pose, staying frozen
- Melting to the floor slowly
- Rolling on to your side to stand up again
- Imagining how to fix a Mars Rover, choose your own pose
- Putting all the skills learned into rough choreography by listening to the steps as one movement piece
- Finding your own space in the room. Lying down with your eyes closed
- Imagine going to school, remembering all we have learned today

Mission 2: The Neutral Buoyancy Lab

Focus: Independent movement, partner working, reusing previous mission skills, creating a piece of class choreography

Workshop Structure:

- Sitting listening to the information
- Finding your own space in the room. Lying down with your eyes closed
- Imagining going to the neutral buoyancy lab (a very deep swimming pool)
- Imagining having your own space suit
- Opening your eyes in the neutral buoyancy lab and moving around the space on your own
- Exploring movement in a space suit, underwater, changing direction
- Working on your own listen to the numbers called and balance only using that number of body parts on the floor (big or small body parts)
- Balancing
- Choosing a partner to work with (better to have a child work with an adult helper than make a group of three if there is an odd number)
- Work with your partner in your own space
- Work together to balance using a certain number of body parts combined (e.g. 3 body parts between 2 pupils not 3 each)
- Putting all the skills learned into rough choreography by listening to the steps as one movement piece
- Finding your own space in the room. Lying down with your eyes closed
- Imagine going to school, remembering all we have learned today

Mission 3: The Desert

Focus: Independent movement, group work (in a group of 4), reusing previous mission skills, creating a piece of class choreography

Workshop Structure:

- Sitting listening to the information
- Finding your own space in the room. Lying down with your eyes closed
- Imagining going to the desert
- Opening your eyes in the desert and moving around the space on your own
- Exploring movement in the desert, copying the movement of a dust devil. Carefully twirling around the room. Watching out for others.
- Stretching up high and spinning low to the ground – your own interpretation of the movement
- Getting together in a group of 4 (teacher help)
- As many groups of four as possible if needed make some groups of 3 rather than 5, groups of 3 will skip one person's instructions
- Number yourselves (or be numbered by a teacher) 1-4 in each group
- One engineer at a time to make a shape (every number 1 in each group first for example)
- Next engineer makes a shape with the body and physically joins on to engineer one (toes touching, elbow resting on their shoulder – any contact that means both can still balance)
- Engineers 3 and 4 repeat this task (groups of three pause during engineer 4 instructions)
- The first engineer must move with the group to connect with engineer four, making a circuit
- Notice you are in a circuit
- Each engineer moves just one part of their body

while staying connected to their group (small move like wiggling eyebrows or big moves like kicking out a leg all fine)

- Move away from your group but remember where your group was working
- Putting all the skills learned into rough choreography by listening to the steps as one movement piece
- Moving back towards your group to recreate making a circuit together
- Finding your own space in the room. Lying down with your eyes closed
- Imagine going to school, remembering all we have learned today

Mission 4: Mars

Focus: Recapping previous skills, moving independently, working as a group of four (or 3 if needed), repeating actions from previous workshops to create a piece of whole class choreography

Workshop Structure:

- Sitting listening to the information
- Finding your own space in the room. Lying down with your eyes closed
- Imagining going to the planet Mars
- Remembering our previous missions
- Opening your eyes in on Mars and moving around the space on your own
- Imagining a Mars Rover
- Strike fixing pose, freeze, hold and melt to the floor
- Imaging the shape of instruments on a Mars Rover
- Balance using parts of your body on the floor
- Getting together in a group of 4 (teacher help)
- As many groups of four as possible if needed

make some groups of 3 rather than 5, groups of 3 will skip one person's instructions

- Number yourselves (or be numbered by a teacher) 1-4 in each group
- One engineer at a time to make a shape (every number 1 in each group first for example)
- Next engineer makes a shape with the body and physically joins on to engineer one (toes touching, elbow resting on their shoulder – any contact that means both can still balance)
- Engineers 3 and 4 repeat this task (groups of three pause during engineer 4 instructions)
- The first engineer must move with the group to connect with engineer four, making a circuit
- Notice you are in a circuit
- Each engineer moves just one part of their body while staying connected to their group (small move like wiggling eyebrows or big moves like kicking out a leg all fine)
- Exploring movement in the desert, copying the movement of a dust devil. Carefully twirling around the room. Watching out for others.
- Stretching up high and spinning low to the ground – your own interpretation of the movement
- Finding your own space in the room. Lying down with your eyes closed
- Back in the rocket, count down to the launch
- Recap of everything we have learned throughout all of our missions
- Imagine returning to school