



MISSION X

TRAIN LIKE AN ASTRONAUT

MISSION JOURNAL

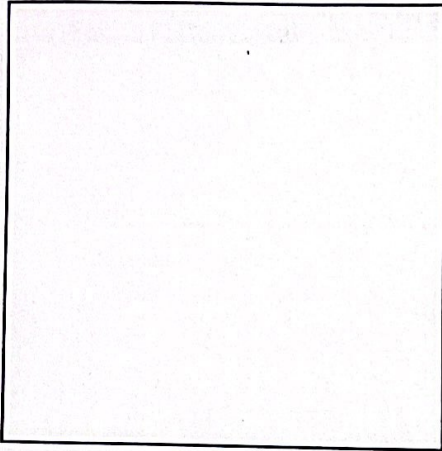
Student Logbook

→ Training log 1

MISSION ACTIVITY		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
PHYSICAL ACTIVITIES	AGILITY ASTRO COURSE	X					
	BASE STATION WALKBACK						
	BUILD AN ASTRONAUT CORE						
	CLIMB A MARTIAN MOUNTAIN	X					
	CREW ASSEMBLY						
	CREW STRENGTH TRAINING	X					
	EXPLORE AND DISCOVER						
	PLANET YOU GO, GRAVITY YOU FIND						
	JUMP FOR THE MOON	X					
	MISSION CONTROL		X				
	PEAKE LIFTOFF		X				
	GET ON YOUR SPACE CYCLE						
	SPACE ROCK 'N' ROLL						
	SPEED OF LIGHT						
	DO A SPACEWALK						
SCIENTIFIC ACTIVITIES	TASTE IN SPACE						
	LIVING BONES, STRONG BONES						
	ENERGY OF AN ASTRONAUT						
	HYDRATION STATION						
	A MICROBIAL BOX						
	WHAT'S IN YOUR PETRI						
	REDUCED GRAVITY, LOW FAT						
	ROBOTIC ARM						
	BIONIC HAND						
	ASTRO FOOD						
	ASTRO FARMER						
	ASTRO CROPS						

→ About me

My mission patch:



Name: Virginia Arance López

Age: 11

Team name: 1°C

Mission starts

I do 20 hr(s) of physical activity per week

My favourite activities are: do skate and handball

My favourite foods are: lasagna, pizza and soap

My favourite thing about space is: The stars and planets

What challenges might astronauts face in space?

Survive, go for a walk...

Would you be prepared to travel to space?

No, because is very dangerous for me.

What skills and qualities do you think you need to have to be an astronaut?

be strong, be smart (and be brave.

→ My Mission X

A bit about my week:

Week #:

1

Climb a martian mountain, crew strength

training, jump for the moon, agility astro course

Rate:



Activities I took part in were...

Activities of climbing
Strong activities

Activities of velocity
Rope activities

I improved

I improve my jump.
I improve my pueh-up.
I improve my velocity
I improve my jump with the rope

My favourite activity was...

When I jump in a estructure to climb.

When I do a pueh-up with a medicinal ball.

When I do a circuit

When I do a resisten exercise

I learned

I learn to climb.

I learn to do squts.

I learn to run better

I learn to jump robe better

→ Activity notes

How can i do a gisical activitie that Impruve my coordination, velocity and agility? Doing the activity step by step to do the activity well.

What type og gisical activitie impruve your bone's strong, your heart's resistance and the resistance og other muscles.

The bests exercises to impruve your bones are walk, run, play tennis, dance, weightliting and up and down stairs. The best type og gisical achvie is run, because you impruve the resistance og the bones.

→ My Mission X

A bit about my week:

Week #: **2**

Mission Control, Peake Ligtogg

Rate:

Activities I took part in were...

Activities of endurance
We do 10 peake ligtogg

I improved ...

I improve my endurance
I improve my push ups, now
i do the push ups better.

My favourite activity was...

When we played a
game of endurance with
a ball.
The exercises of the peake
ligtoggs .

I learned ...

I learn to throw a ball
to a wall with 1 leg.
I learn to do 10 peake
ligtogg.

→ Activity notes

What type of physical activities could improve the balance and the space orientation?

Strong exercises, do yoga and up and down stairs.

How could you perform a series of physical activities that would improve your lungs and heart, and increase muscular coordination and endurance.

Ride a bike, swim, run, walk, up and down stairs, games with a ball, strong training ...