



Bring  
**SPACE**  
into  
Your  
**CLASSROOM**



How do astronauts prepare themselves physically for spaceflight?

Why must astronauts be strong and healthy to explore?

How does the human body adjust to reduced gravity?

Challenge your students to

# Be a Fit Explorer!

Capture the imagination of your students as NASA prepares for the historic first spaceflight of an Educator Astronaut.

Inspire the nation's future explorers by joining NASA in a variety of exciting hands-on and physical activities before, during, and after the flight of mission STS-118.

NASA's Fit Explorer project is a scientific and physical approach to human health and fitness on Earth and in space. This standards-based activity set based on mission STS-118 was developed to help your students will learn about NASA's Vision for Space Exploration and the requirements of living and working in space. Students will practice walking to their "base station," coordinating muscle movement for a space walk, jumping for strong bones, strength training for strong muscles, and developing post-mission improvements in balance.

Visit [www.nasa.gov/sts118](http://www.nasa.gov/sts118) to download and print Fit Explorer materials (available beginning Summer 2007).

**For Grades  
3-5**

# TRAIN Like an ASTRONAUT

## WITH NASA'S FIT EXPLORER CHALLENGE

In NASA's Fit Explorer project, students (grades 3-5) will *train like an astronaut* by completing physical activities modeled after the real-life physical requirements of humans traveling in space. Students track their progress while recording goals, experiences, and observations in a physical activity journal. Students will also gain an understanding of the science behind nutrition and physical fitness by participating in inquiry-based hands-on activities that relate physical Earth-based needs to the requirements of exploring space.

Developed in cooperation with NASA scientists, researchers, and fitness professionals working directly with NASA astronauts, Fit Explorer

- Encourages interdisciplinary instruction using science, technology, engineering, mathematics, health, and physical education.
- Encourages explorations in other subject areas.
- Adaptable for any formal or informal classroom setting.
- Correlated to National Educational Standards in science, technology, engineering, mathematics, health, and physical education.
- Supplemented with content and reviewed by other United States government agencies and national organizations.
- Supportive to the needs of the school local wellness council mandated by the Federal Wellness Initiative.

### Available Online Materials (beginning Summer 2007)

#### Physical Activity Mission Handouts

- Base Station Walk-Back
- Do a Spacewalk!
- Jump for the Moon
- Crew Strength Training
- Mission: CONTROL!

#### Mission Journal

#### Educational Packages

- Living Bones, Strong Bones

Challenge Tracker and details for the Fit Explorer Challenge

By challenging your students to earn points with each activity, they can earn recognition and become our next generation of Fit Explorers!

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