



Train Like an Astronaut: Adapted Physical Activity Strategies

Jump for the Moon

YOUR MISSION

You will perform jump training with a rope, both while stationary and moving, to increase bone strength and to improve heart and other muscle endurance. You will also record observations about improvements in stationary and moving jump training during this physical experience in your Mission Journal.

LINK TO SKILLS AND STANDARDS

APENS: 2.01.12.01 Understand how appropriate modifications of the physical environment enable individuals with disabilities to perform sport skills

Activity Specific Terms/Skills

Coordination, balance, endurance

SPACE RELEVANCE

On Earth, your weight on your bones provides a constant stress. You maintain your bone strength by doing regular daily activities like standing, walking, and running! In space, astronauts float – unloading that important stress and weakening their bones. Therefore they depend on nutritionists and strength and conditioning specialists at NASA to plan food menus and physical activities that will help them keep their bones as strong as possible while in space. Stronger bones will help astronauts stay safer while performing all of their assigned tasks – whether in a space vehicle, on the moon, Mars, or once back on Earth.

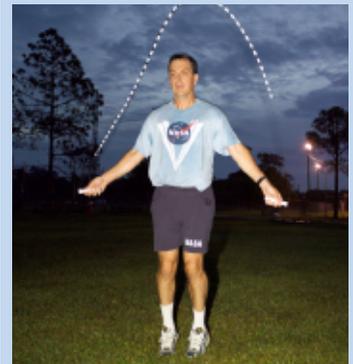
WARM-UP & PRACTICE

- ▲ Jump in place
- ▲ Twist
- ▲ Stomp your feet
- ▲ Swing a rope above head



SUGGESTED ADAPTED EQUIPMENT:

- ▲ STEP BOX, VARIOUS ROPES,
AEROBIC STEP BENCH



Jump for the Moon

LET'S "TRAIN LIKE AN ASTRONAUT!"

Adjust steps and procedures as appropriate for participants
Instructions for individual play:

Stationary:

- ▲ With a jump rope, try to jump in place for 30 seconds.
- ▲ Rest for 60 seconds.
- ▲ Repeat three times.
- ▲ When mastered, proceed to moving.

Moving:

- ▲ Try to jump rope while moving across a smooth surface for 30 seconds.
- ▲ Rest for 60 seconds.
- ▲ Repeat three times.
- ▲ Repeat jump training two more times.
- ▲ Record observations before and after

TRY THIS! *Some ideas for Adapted Activity*

- ▲ Jump on trampoline while holding onto wall or partner
- ▲ Jump on step/box
- ▲ Step off a step/box
- ▲ Foot stomp
- ▲ Aerobic step bench
- ▲ Perform jumping jacks or jump in place (side-to-side, or back-to-front)
- ▲ Hop on one foot, then the other
- ▲ Hold onto table and jump in place
- ▲ Place hand on hallway and raise leg to hop down hallway
- ▲ Use a "pretend" jump rope
- ▲ Lay a rope on the ground and jump over it in a variety of ways
- ▲ Use a variety of objects to jump on, or over

