

# Let's Move with Naomi and Nigel!

## Space adventure

NAOMI: Hey, Nigel, have you ever wondered what it might be like to be an astronaut and travel in space?

NIGEL: Every night! I look up at the moon and the beautiful stars in the sky and I wonder wow, what would it be like to explore space?

NAOMI: Well, shall we pay the moon and the stars a visit?

NIGEL: Why not?

### *[WARM-UP]*

NAOMI: OK space travellers, make sure you are in a space of your own. You need enough room to move your arms around like this. Make sure you're not touching anyone. You see, space is what is all around us right now.

NIGEL: It's also where we live. Our very own planet Earth is in space, so copy us as we warm ourselves up ready to explore the galaxy.

NAOMI: Move your arms around, explore the space surrounding you.

NIGEL: Look in space, there's a moon.

NAOMI: Can you make a big moon shape?

NIGEL: Breathe in, breathe out.

NAOMI: Can you make an even bigger moon? Breathe in, breathe out very nice.

NIGEL: Look at all the twinkling stars in space too. They're all around you, everywhere in the night sky.

NAOMI: Oh, watch out lunge to avoid a space rock!

### *[SFX - SPACE ROCK]*

NAOMI: Lunge this way.

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- NIGEL: It's time to get into our spacesuit. Stretch one leg into your suit and stretch the other leg into your suit.
- NAOMI: Now stretch one arm into one sleeve and stretch the other arm.
- NIGEL: There you go.
- NIGEL: Now reach down low to pick up your big round space helmet.
- NAOMI: It's heavy. Carefully lower it over your head. We're ready to go for a walk on the moon. We float up, up, up and down, down, down. We're walking on the moon. Wouldn't it be fun to reach for the stars? Let's reach up and grab them.
- NIGEL: Now star jump.
- NAOMI: Do that again. Let's reach. Can you reach a little bit further this time?
- NIGEL: And star jump. Like you're the biggest, brightest star in the sky.
- NAOMI: Oh, look over there, friendly space creatures. Let's pretend we're the space creatures.
- NIGEL: Back the other way, move your body all wibbly and wobbly.
- NAOMI: Space travel time. We're going to become space rockets. Crouch down low, stay low. Three, two, one whoa!
- NIGEL: Do that again. Crouch low, get ready to blast off. Three, two, one whoa.
- NAOMI: And again, stay low. Are you ready? Three, two, one.
- NIGEL: Oh, one more time. Bounce down low, get ready for your rockets. Three, two one.
- NAOMI: Let's put our warm-up moves together. Walk on the moon, down, down, down. Like we're walking on the moon.
- NIGEL: Oh, funny space friends. Let's see you jump. Back the other way brilliant.
- NAOMI: Let's reach for the stars.
- NIGEL: Come on, bright golden stars, let's jump.
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NAOMI: Time to head home. Breathe in, make a big planet Earth shape.

NIGEL: Breathe out as we slowly and safely land back at home.

NAOMI: OK, great work, everyone, stop there.

*[04 13: POSSIBLE PAUSE POINT]*

*[PART 1: SPACE CHARACTERS]*

NIGEL: Now we're going to stay in our own space, on the spot, and use our bodies and our imagination to become four different space characters.

NAOMI: Each piece of music you're about to hear is very different.

NIGEL: Here's number one an astronaut. Staying in your own space, how do you think an astronaut would move? Slowly, floating up and down wearing our bulky spacesuits, space helmets and jetpacks.

NAOMI: Keep going, see if you can think of any other ideas. Make sure you're wearing all of the right kit.

NIGEL: Board your space transport and prepare for launch.

NAOMI: Oh listen, run on the spot as we wait to hear what music's next.

NIGEL: Ha, ha. This makes me think of an imaginary friendly space creature. It sounds funny and a bit silly.

NAOMI: Can you become a space creature, would you wobble like you're made of jelly?

NIGEL: Or would you move sharply like a robot?

NAOMI: Or maybe you can make little funny jumps from foot to foot, or something else.

NIGEL: Let's see your ideas. Quick, run on the spot and keep listening. The music is going to change again. What's next?

NAOMI: Oh, wow, this music sounds just like a twinkling star.

NIGEL: The brightest star you've ever seen.

- NAOMI: How could you use your body to shine like a star dazzling in the sky?
- NIGEL: Are you turning?
- NAOMI: Are you swaying?
- NIGEL: Are you shimmering? Or something else?
- NAOMI: Show your teacher what different, interesting, bright, shining stars you can be. Oh, get running on the spot. What music will it be this time?
- NIGEL: Yes, a rocket, before it launches into space. How could you turn yourself into a space rocket? Are your arms, the nose at the top or the fins at the side?
- NAOMI: The window for the astronauts to look through.
- NIGEL: The jets firing up, ready to boost you into space or something else, don't forget.
- NAOMI: You need to shudder and shake. Let's see your ideas. Ok, great work. Stop there.

***[07 38: POSSIBLE PAUSE POINT]***

***[PART 2: JOURNEY THROUGH SPACE]***

It's time to put all those space movement ideas that we've just explored together the astronaut, the space creature, the star and the space rocket to go on a journey through space to the moon.

- NIGEL: When the music plays, you're going to move around the whole room,
- NAOMI: Yeah, using all of the space. Listen carefully and decide how the music is telling you to move each time - astronaut, space creature, star or rocket.
- NIGEL: Try moving on different levels, travelling high and low. I'm going to be a high rocket.
- NAOMI: I'm like a low star.
- NIGEL: And what about changing directions too?

NAOMI: Yeah, and how about changing how you're travelling? You can move quickly or slowly.

NIGEL: Oh, and when the music stops, you need to crouch down to avoid any monster sized space rocks that might be flying past.

NAOMI: Have a look around while you're crouched down. Are you too close to anyone? If you are, try to keep a little bit further apart next time you travel. Stay low until the space rock has flown past and the music starts again. Oh, this is going to be fun.

NIGEL: Are you ready? Let's move! Watch out. Here comes a space rock. Here comes another rock!

NAOMI: Crouch down. Okay, great work, everyone, stop there.

***[10 07: POSSIBLE PAUSE POINT]***

NIGEL: Finally, we've landed on the moon. Let's all become astronauts again and try walking on the moon.

***[PART 3: SPACE EXPLORATION - WALKING ON THE MOON]***

NAOMI: Yeah, hey, Nigel, why do astronauts walk like this?

NIGEL: Ah, it's because of gravity. Gravity is what pulls everything towards the ground. But gravity is weaker here on the moon, so you feel much lighter and it's harder to balance. It means that your body floats around and you might find yourself balancing on only your tummy.

NAOMI: Or maybe on only your back.

NIGEL: Exactly, or maybe you'll be on your shoulders like this.

NAOMI: Is everyone joining in, Nigel? I can't see from down here.

NIGEL: Let me have a look. Yeah, they are.

NAOMI: Good.

NIGEL: Now maybe you'll be balancing on your knees.

NAOMI: Or even on only your bottom.

- NIGEL:** We're all going to go for a walk along the surface of the moon. Remember, walking on the moon is hard work, so you'll need to keep stopping to take a balancing breather.
- NAOMI:** Listen carefully when you hear the space commander. Pause and balance on the body part that your teacher calls out.
- NIGEL:** Let's see how well we can all balance.
- NAOMI:** Are you ready? Let's move!
- COMMANDER:** Woah, there, have a breather and balance. Off you go again. Whoa, there, have a breather. Oh, off you go again. Have one more walk on the moon. Well done, everyone. Stop there.

**[12 43: POSSIBLE PAUSE POINT]**

- SPACE VOICE:** Warning! Starting countdown!
- NIGEL:** Quickly, find a partner!
- NAOMI:** We have five seconds, the time it takes for this space rocket to take off.
- COUNTDOWN:** Five, four, three, two, one.
- NAOMI:** Hey, Nigel, will you be my partner?
- NIGEL:** Of course, yes!
- NAOMI:** Great, everyone working with your partner. We are all astronauts. We're going to walk and balance again, but this time, when you hear the space commander, you need to pause and balance together.
- NIGEL:** They'll tell you which parts of your body should be touching the ground. See if you can work out how to do it together.
- NAOMI:** Oh, and this is really important, always stay joined to your partner, your astronaut partner, either touching hands or feet, so you stop each other from floating away. Are you ready?
- NIGEL:** Let's move!
- COMMANDER:** Shoulders! Knees! Tummy! Can you balance on two bottoms?

NAOMI: Okay, great work. Everyone, stop there.

**[16 02: POSSIBLE PAUSE POINT]**

NIGEL: We've done a great job moving just like astronauts in space.

NAOMI: I think it's time to put all our moves together and go on a big space adventure.

NIGEL: Now that sounds like fun, when we hear the countdown move on the spot with fast feet.

COUNTDOWN: Five, four, three, two, one.

NAOMI: That's right run on the spot getting ready for the next part of our space adventure. We're travelling through space and moving in different directions...

NIGEL: Move at different speeds...

NAOMI: Use lots of levels, travelling high and travelling low...

NIGEL: And remember to duck out of the way when you hear those flying space rocks.

NAOMI: Good work, astronauts. We've landed on the moon.

NIGEL: Let's try walking on the moon again. It's not easy, but it is fun. And what do we do when we hear our friendly space commander?

NAOMI: That's right. We balance on whichever body part they tell us.

NIGEL: You could even work in pairs again to celebrate landing on the moon with a friend. Just make sure they don't float away.

COMMANDER: Can you balance on one hand and one foot each? Can you balance on one foot, one knee and one elbow? Watch out your space vehicle is about to leave without you!

**[PART 4: JOURNEY HOME - PUTTING ALL THE MOVES TOGETHER]**

NIGEL: Quickly run on the spot with fast feet to prepare for the launch. Bet you can't move your feet faster than mine.

COUNTDOWN: Five, four, three, two, one.

NIGEL: We blast off and travel back home.

NAOMI: Remember to dodge those space rocks whenever they fly past.

NIGEL: Watch out, here comes a space rock.

NAOMI: Crouch down. Okay, great work. Everyone stop there.

*[19 32: POSSIBLE PAUSE POINT]*

NIGEL: We've all made it back safely home to planet Earth.

NAOMI: Just in time my tea was getting cold. Wow, what an out of this world exciting space adventure.

NIGEL: After that, we need to cool down and relax our minds and bodies. Join us.

*[COOL DOWN]*

NAOMI: Now we're safely back on Earth, let's breathe in and make a big planet Earth shape. Breathe out slowly.

NIGEL: Now let's carefully take off our space helmets, stretch up and then put them safely down on the ground.

NAOMI: Time to get out of our spacesuits. Arms first, where your legs are getting stuck. Stretch one arm out, then the other arm. Stretch one leg out and then the other leg.

NIGEL: Look up to space. Let's wave goodbye to our space creature friends.

NAOMI: Finally, let's make another deep breath in. Let's move our arms around slowly, enjoy that fresh planet Earth air and relax.

NIGEL: What do you love about being back at home?

NAOMI: Planet Earth is just one of the many planets in space, but it is definitely my favourite.

NIGEL: Back in your classroom. Maybe you could explore with your teacher some of the ways that we can all work together to help look after our amazing planet Earth.