

Take part in a fitness class or organise your own circuit training in your meeting place



Here's an idea

Maybe you could ask an instructor to visit you?

Why?

Astronauts have to be very physically fit and strong.

Age 14 - 18

Age 3 - 5

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- Astronaut Adventures

£/Free	Indoors
Day/Night	

- | | |
|---|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input checked="" type="checkbox"/> 3 - 5 | |
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- | | |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
-

Skills:

- Gross Motor Skills

Equipment: