

# 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

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£/Free	Indoors
Day/Night	

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<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

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### Skills:

- Gross Motor Skills

### Equipment: