

# Planet Bop

# STAY ACTIVE

To combine movement and imagination by turning each planet into a fun physical action. Students practise the life skill of play through energetic listening and movement, inspired by Mars, the planet of energy, motion, and adventure. This game brings the solar system to life with laughter and joy.



## Learning Intentions

**I can listen and move my body in different ways for each planet:**

This supports physical literacy and auditory processing.

**I can play a fun movement game with my friends and take part safely:**

This builds coordination, cooperation, and enjoyment through play.

**I can remember different actions and try to do them at the right time:**

This develops memory, focus, and quick responses in an engaging way.



## Success Criteria

**I can move my body in fun and safe ways when I hear each planet:**

This helps students connect movement to words and enjoy physical activity.

**I can listen carefully and follow instructions during the game:**

This encourages self-regulation and concentration.

**I can smile, laugh, and play with others in a happy and respectful way:**

This promotes social bonding and shared enjoyment.



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## Objective:

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## Players:

Ideal for 4–26 students in an open space.

## Materials:

- Music player with upbeat music
  - Open area indoors or outdoors
  - Optional: planet cards or visuals with names and matching actions (some examples are listed below for you).
- ..... Space-themed props or planet posters (optional)

## Time Required:

10–15 minutes

## Setup:

Before beginning, revisit the Mars page from *The Playful Astronauts* book. Remind students that Mars is all about playing with energy and excitement and that today's game is a playful mission across the solar system!

Introduce the names of some planets and match each one to a special movement.

Example actions:

- **Mars** = Jump up and land safely
- **Earth** = Slow spin on the spot
- **Venus** = Blow a kiss
- **Jupiter** = Reach up high like a giant
- **Saturn** = Spin arms in a circle like its rings
- **Neptune** = Wave arms like flowing water
- **Pluto** = Curl up small like a tiny planet
- **Mercury** = Tiptoe quickly in place

Practise each action as a group before starting the game.



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## Gameplay:

### Explain the Activity:

Tell students: "We're going to dance and move like we're flying through space. When I call out a planet's name, you do the matching action! If the music stops, everyone freezes like a space statue!"

Start the music and call out planets every few seconds, giving time for each movement. You can mix it up:

- Call two planets quickly for a fun challenge
- Add silly space voices for fun
- Let students take turns calling out planet names

Encourage smiles, laughter, and safe movement throughout.

As the teacher/facilitator you will need to model each move as you call out the planets so that the students can follow along with you. Eventually your aim is for the students to start to remember each action for each planet and you can stop modelling the actions.

### Reflection and Calm Down:

At the end of the game, bring everyone together and sit in a quiet circle. Try a cool-down stretch while asking:

- "What was your favourite planet to bop to?"
- "How did it feel to play with your body and brain at the same time?"
- "Why do you think playing and movement helps us feel happy and healthy?"

### Winning the Game:

There is no winner. The joy of play, movement, and imagination is the reward, just as Mars teaches us to explore and express with energy and excitement.

### Variation:

In class, students can help invent new actions for each planet or lead the game as the "Mission Commander." Create small groups of pairs and encourage students to create their own dance movements as they cycle through each planet.

### Additional Notes:

"Planet Bop" is a playful, high-energy activity that blends listening skills, movement, and creativity. Inspired by the active, curious energy of Mars, it shows students that play is an essential part of learning, especially when we move, imagine, and laugh together.

