



01

The planets

Journey through the Solar System

time

40 minutes

learning outcomes

To:

- know/recognise the names of the eight planets
- know that the planets revolve around the Sun and that the Sun gives light
- differentiate between in front, behind, above, below, left and right
- be given opportunities to listen, understand and respond

materials needed

- 25 hoops
(One of which is yellow, or one with a picture of the Sun)

Tip Do this lesson in the gym.

Preparation

Before starting the activity **Introduction to the planets** go over the names of the eight planets. Starting from the Sun these are: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune.

For the activity **Planet game** keep a note of the names of the planets close at hand so you can name the different planets quickly.



Introduction to the planets 10 min.

Children sit in a circle on the floor. Question: 'What is the name of the town where we live?' Do they know what country this town is in? And what planet this country is on? On Earth. Can they name any other planets?

Briefly talk about the names of the eight planets in our solar system.



The children find out what planets there are and that they orbit the Sun.



Planet game 15 min.

Spread the hoops throughout the room: these are the planets. Put the yellow hoop in the middle: this is the Sun. Explain to the children that in this game they are space rockets flying from one planet to another. They can do this by hopping, running or jumping between the hoops. While they are doing this, call out the names of countries or famous characters etc. that are familiar to the children. Only when children hear the name of one of the planets may they land on a planet. They do this by standing in the hoop, either alone or with several children. Explain that they may not stand in the hoop representing the Sun as it is far too hot there!

At the end of the game, ask what planet names the children can remember. You might like to repeat all the names once more. And why is the Sun in the middle? Explain that this is because the planets revolve around the Sun.

Planet dance 10 min.

This activity focuses on the pupils' spatial orientation.

Each child stands in their own hoop. You stand in the central hoop (the Sun) and give the following instructions:

- Stand with legs wide apart on your planet.
- Stand in your planet.
- Stand behind your planet.
- Stand next to your planet.
- Stand to the left of your planet.
- Stand to the right of your planet.
- Stand under your planet – hold the hoop above your head.

Check that the children are obeying the instructions properly.
Repeat the activity a couple of times.



Spin your own planet 5 min.

Explain that the planets revolve around the Sun, but also spin on their own axes.

The children will now do this with their own planet. Ask them to 'Roll the planet like a wheel around the Sun, stay walking next to it.' Then tell them to hold their planet in front of them and spin it.



Talk to the children again about what planets there are.
What do the planets revolve around?

