

## Astronaut Training Home Activities

Please assist your Junior Astronaut in completing these activities. Try to do each activity 4-5 days this week. This is NOT a competition, except that each astronaut should work hard to increase his or her own strength, stamina, distance etc. In other words, they are only trying to do better than what they have done previously.

1. **Cycle training:** Astronauts, your goal is to increase your endurance and the distance and/or time you ride your vehicle. You may use any non-motorized vehicle. You may set a distance goal and increase your distance each time you ride until you meet your goal OR you may set a time goal, riding a few minutes longer until you reach your goal. Parents, please set challenging, yet reachable goals.
2. **Balance Count-**Balance on one foot for 30 seconds, then the other foot. If this time is too long, begin with a shorter time and work up.
3. **Core Strength Training:** See instructions for Commander Crunches and Pilot Planks in handout in yellow folder