

# MOVING THROUGH SPACE

## WHAT'S THE DIFFERENCE?

**Gravity** is the reason you land after you jump, and the reason a bag of flour feels heavy. Each planet in the solar system has a different **gravitational pull**, meaning objects feel lighter or heavier there. This means that if you visited Jupiter it would be much harder to walk around, and if you visited the moon you could practically float away!

## WARM UP

Time to get out all your excess energy! Prepare for lift off by...

- Running up and down the space station stairs
- Stretching to get into your space suit
- Shaking out your body as the rocket launches

## ON THE MOVE

Walk with different levels of gravity as you prepare to visit different planets...

Move as if you're **walking through water** - you can feel resistance, but it's still pretty easy to move.

Then **through toffee or sludgy mud** - you have to pull each foot away from the ground!

Try to walk as if **your body is made of really heavy rocks** - every movement should be really tricky. This is what it might feel like to walk on Jupiter or Saturn!

To finish, imagine you're **lighter than air** - how would you move? - this is what it might feel like to move on the moon!

