

KINDERGARTEN ACE LESSONS



Academic

TITLE	SUBJECT(S)	DESCRIPTION
Lesson 1: AirMazing	science, math	Learn about motion and the power of wind by placing objects of various shapes, sizes, and weights in front of a box fan.
Lesson 2: Look, Up in the Sky! Things that Fly	science	Sort and classify pictures of objects as either “things that fly” or “things that do not fly.” Discuss what properties help determine whether or not something is designed for flight.
Lesson 3: Alphabet Frisbees	language arts	Students decorate paper plate Frisbees. Each Frisbee is given a letter. Students toss the Frisbees and then run to pick up any Frisbee. They see how quickly they can line themselves up in alphabetical order.
Lesson 4: Coming in for a Landing	science, social studies, math	Toss an inflatable globe. Have students record whether or not their finger touches land or water on the globe. Use the results to help students learn that there is more water on Earth than land.
Lesson 5: Orbiting Object Paper Plate	language arts, science	Use this arts and crafts lesson to help students understand the meaning of the word “orbit.”
Lesson 6: Straw Rockets	math, science	Using a paper template and a straw, students will make straw rockets and record how many times their rocket hits a colored target. Then, they will complete a bar graph to represent their data.
Lesson 7: Rocketing into Shape	math	Students will use a rocket picture made of triangles, rectangles, and squares in order to manipulate their own triangles, rectangles, and squares to create the same rocket picture.
Lesson 8: A is for Astronaut	science, language arts	Use this arts and crafts activity to make an astronaut using an empty toilet paper roll and a paper template. Students will learn that oxygen helps us breathe, and there is no oxygen in space.
Lesson 9: Floating Space Food	science, social studies, math	With adult supervision, students place ingredients in a self-sealing bag to make individual servings of instant pudding. Students learn how astronauts eat in space.

Character

Lesson 1: Mission Moon Rocks	science, math	This lesson focuses on contributions and teamwork. Students will contribute ingredients to make edible moon rocks. They will analyze the moon rocks and color a chart to display their ingredient data.
Lesson 2: High Flying Honesty	language arts	Students listen to an Aesop fable wherein the moral of the story is honesty. Students identify examples of actions as honest or dishonest.
Lesson 3: Sing It, Do It: The Golden Rule	language arts, social studies	Students learn about The Golden Rule through a song.
Lesson 4: Only Room for One	language arts, science	Read a short story to help engage students in a discussion about fairness. Students will make a helicopter and draw a picture.
Lesson 5: Responsibility Flies High	language arts	Students identify responsible and irresponsible actions. While making a class kite, ribbons displaying school responsibilities will be added to the kite.
Lesson 6: All Aboard the Trust Plane	language arts	Students identify trustworthy people. Students identify a trustworthy trait in themselves and list it in a picture that shows a banner being flown by an airplane.

Physical Education

Lesson 1: Solar System Speedway to the Heart	PE, science	Students discover their pulses and engage in running/moving exercises to get their hearts pumping. The teacher is encouraged to set up the Solar System Speedway obstacle course using cones, mats, and hula hoops.
Lesson 2: I Believe I Can Fly	PE, science	Students will perform choreographed physical movements to simulate being an airplane, a rocket, and a space shuttle.
Lesson 3: Soaring Skills	PE, science	Tossing and catching bean-bags, throwing ping pong balls in a bucket, and walking with a book on their heads will help students practice their balance and hand-eye coordination.
Lesson 4: Spaceflight Tag	PE, science	Students are designated as a rocket, astronaut, or spaceship. When their group is called, all students assigned to the group run across the playing field while trying to avoid being tagged by students who are “it.”
Lesson 5: Land on the Moon	PE, science	Using a soccer ball as the moon and a bean-bag as a spacecraft, students roll the soccer ball and try to hit the moving ball with the bean-bag.
Lesson 6: Follow the Leader	PE, social studies	Play the traditional game of Follow the Leader.

FIRST-GRADE ACE LESSONS



Academic

TITLE	SUBJECT(S)	DESCRIPTION
Lesson 1: The Wind in Your Socks	science, social studies	Make a simple windsock to determine wind direction.
Lesson 2: Sled Kite	science	Make a kite and learn how and why kites fly.
Lesson 3: Plane Art	science, language arts	Students will define and identify the cockpit, wings, fuselage, and tail of an airplane. Then, they will experiment with flight using their balsa airplanes provided by CAP.
Lesson 4: Plane Flight Pie Chart	science, math	Aim the balsa plane at a 4-colored target and record the color to which the balsa plane came closest. Students will use their data to make a simple pie chart.
Lesson 5: Map It	math, social studies	Students use an airplane ruler and a map of the United States in order to complete a map worksheet.
Lesson 6: Balloon Rocket	science	Teach a simple understanding of Newton's third law of motion. Students observe a balloon rocket guided by a straw on a string. Ask questions and test student ideas.
Lesson 7: Good Enough to Eat	science, health, language arts	Make an edible space shuttle using carrots, celery sticks, bread, and peanut butter. Discuss and simulate a shuttle launching, then review the sequence of events for a shuttle launching.
Lesson 8: Load the Shuttle	math, science	Students cut out the shape patterns and see how many they can fit in the payload bay of the shuttle, without having the shapes overlap.
Lesson 9: Do You See What I See?	science, language arts	Students will learn about stars, listen to constellation stories, and find star patterns on constellation worksheets.

Character

Lesson 1: What Goes Around Comes Around	language arts, science	Read the Aesop fable "The Lion and the Mouse" and construct a boomerang. Students practice tossing the boomerang to remind them that the choices they make today will come back to them, so they should make good decisions.
Lesson 2: Honest or Not Honest	language arts	Read a myth explaining the position of the sun and Earth's moon in the sky. Discuss being honest and dishonest. Students complete a child-friendly questionnaire to evaluate how honest they are.
Lesson 3: Respect: Here's What it Means	language arts, social studies	Students provide examples of ways to show respect. They contribute symbol/picture ideas that can be used to create a class respect mission patch.
Lesson 4: Go Green!	language arts, science	Students classify actions as fair or unfair as they play a game to get to the green Earth.
Lesson 5: Responsibility: Pick It Up	language arts, science	Play a "space trash" game to introduce the lesson. Students will listen to a humorous airport story. Responsibility and not littering are emphasized.
Lesson 6: Roger, I read You Loud and Clear	language arts, social studies	Students will play a relay rover game, similar to the "telephone" game to emphasize that we cannot always believe what someone tells us and that we must be careful what we repeat to others.

Physical Education

Lesson 1: Star Savers	PE, science	Each team member takes turns riding on a scooter board (spaceship) in order to go to the middle circle (black hole) and retrieve a colored paper ball (star). The team with the most stars at the end of the game wins.
Lesson 2: Alien Eggs Relay	PE	Using a spoon, students engage in a relay race to get their team's eggs from one side of the playing area to the other.
Lesson 3: Catch a Shooting Star	PE, science	Play this traditional game of tag using a star strip (or ribbon). When a person catches (captures) a person's star, he/she is tagged and sits. If someone is a "star giver" and gives the tagged person a star, he/she may re-enter the game.
Lesson 4: Steal the Meal	PE, science	The goal of this game is for a team to "capture" as many good food choices as possible. The team with the most pictures of nutritious food items (or actual boxed food and cans) in their box or inside their hula hoop wins.
Lesson 5: Tag: Spaceship or Comet	PE, science	Students will learn play freeze tag, with emphasis either on personal space or comets.
Lesson 6: Moon Motions	PE, science	In this relay race, students will use actual moon-walking movements in order to complete a relay race that involves collecting "moon" rocks.

SECOND-GRADE ACE LESSONS



Academic

TITLE	SUBJECT(S)	DESCRIPTION
Lesson 1: Send in the Clouds	science, language arts	Help students learn to identify 4 different types of clouds: cirrus, cumulus, cumulonimbus, and stratus. Engage students either in a cloud mobile-making activity, or make a cloud identification wheel.
Lesson 2: Dunked Napkin	science	Air takes up space, and students will demonstrate and learn this through the challenge of keeping a napkin dry while submerging it in water.
Lesson 3: Pondering Parachutes	science, math	Experiment with homemade napkin parachutes by attaching various amounts of paperclips and timing their descent.
Lesson 4: Glenn Glider	science	Use the pattern to construct a glider. Manipulate the elevons and record the flight results. Discuss what happens and why.
Lesson 5: Paper Rocket	science	Students learn about rockets. They construct and experiment with paper rockets launched using straws. Bring math into this lesson by having students measure the distance their rocket flew.
Lesson 6: A Moon Munchy	science, math	Show students the different phases of the moon and identify the basic shapes: crescent, quarter, and gibbous. Students will enjoy illustrating moon phases using a chocolate cookie with white filling.
Lesson 7: Solar System Trading Cards Game	science, language arts	Play a fun game with NASA's solar system trading cards. One set of cards is provided, and you can make another copy if needed. The cards can also be used to practice classifying, pattern recognition, and question formulation.
Lesson 8: Rocket to the Planets	science, math, PE	Students use finger rockets (provided by CAP) to launch toward pictures of the 8 planets. Students use their target data to graph their results.
Lesson 9: A Puzzling Grid	math, science	Assemble a space picture puzzle by placing each puzzle piece, which is labeled with a coordinate, on its correct location on the coordinate grid.

Character

Lesson 1: Remote Sensing of the Heart	language arts, science	Share a visually interesting analogy with the students by placing creases and tears in a paper heart whenever examples of unkind comments are made. Students engage in a heart-writing activity.
Lesson 2: Got Flowers?	language arts, science	Read and discuss <i>The Empty Pot</i> by Demi. Students color an honesty-related coloring sheet showing a hot air balloon flying above the ground to remind them that being honest helps their good character "fly high."
Lesson 3: Respect-Who? Why? How? Where?	language arts, social studies	Students complete a worksheet to spotlight a person they respect. Students write why they respect the individual and how they show respect.
Lesson 4: Forward, Launch	language arts, social studies	Using a short story, students identify bullying behavior. Students identify behavior that can replace bullying behavior and/or ways to deal with bullies. Students consider consequences of bad and good character.
Lesson 5: Sticky Situations	social studies, language arts	After discussing what it means to be fair, students respond individually and collectively to 7 different scenarios.
Lesson 6: Responsibility Bingo	social studies, language arts	Using copies of the bingo sheet provided and responsibility examples, engage in a fun game of bingo.

Physical Education

Lesson 1: Think Fast!	PE, math	Use these practice drills to allow students to test their reaction time and endurance: passing a ball within a circle, passing a ball over and under in a line, and jumping rope. Students record their results on a data sheet.
Lesson 2: Balloon Blast	PE	Catching and tapping balloons is the goal in this activity. Keep the balloons from hitting the floor.
Lesson 3: Shuttle Tag	PE, science	Students are assigned a space shuttle (orbiter) name. When the name of an orbiter is called, all students assigned to that name run across the playing field while trying to avoid being tagged by students who are "it."
Lesson 4: Solar System Survivor	science, PE	The blindfolded "alien" is allowed to name any planet upon the teacher's command. Any students visiting the planet (noted by students standing in the planet area designated in the room) go to the "captured" area. Try to be a solar system survivor!
Lesson 5: Space Hockey	PE	Two teams sit in a line parallel to one another, and each student has a number. When a number is called, students representing this number run to the middle and try to be the first to score a goal by maneuvering a puck passed the goal line.
Lesson 6: Jump for the Moon	PE	Students practice jumping rope while stationary and while moving for 3 intervals of 30 seconds each during a 5-day period. They can use the mission log to record their experiences each day.

THIRD-GRADE ACE LESSONS



Academic

TITLE	SUBJECT(S)	DESCRIPTION
Lesson 1: Cloud Clues	science, language arts	Students learn about 3 basic cloud shapes, 2 Latin names indicating altitude, and 6 different cloud types. They will construct a cloud wheel to help them identify clouds in the sky and predict weather.
Lesson 2: Bernoulli's Tongue	science	Use strips of paper to create "tongues" for a paper bag mask or a handheld mask. When students blow through the hole in the mask, the tongue will rise and ripple. Students will learn why this happens.
Lesson 3: Eggsperimental Glider	science	Make gliders using egg cartons in this experiment. Students will discover why they need a "lucky" penny.
Lesson 4: Foam Flyer	science, language arts	Students learn 3 forces of flight: gravity, thrust, and lift. Additionally, they learn 5 basic parts of an airplane. Then, they experiment with flight using foam gliders (provided by CAP).
Lesson 5: Double-Barreled Rocket	science, language arts	Students learn about 4 basic parts of a rocket as they obtain a basic understanding of why a rocket flies. They construct a straw rocket that launches with the squeeze of a plastic pop bottle.
Lesson 6: Animals in Space	science, language arts	Read and discuss a non-fiction article about animals in space. Then, students will cut out mission cards and paste them in chronological order. Students can use the information on the organized mission cards to answer questions.
Lesson 7: ISS: Home Sweet Home	science, S.S., language arts	Students learn about living on the International Space Station (ISS) and list 4 interesting facts they wish to remember. An extension activity allows the students to design their own space station.
Lesson 8: Picture This: Mars	science, language arts	Students cut out 8 Mars-related pictures. While listening to information about Mars, students learn the meaning of each picture. Students use the pictures to make a short booklet about Mars.
Lesson 9: Astronaut Mystery Meal	science, social studies	Students use their 5 senses to determine the identity of the mystery meal in their plastic baggie. Then, they get to eat it (or drink it) like the astronauts would.

Character

Lesson 1: Are Rules Cool?	social studies, language arts	How do you play a game of cards with no directions or rules? That is what students figure out in this activity. Discussion continues about why rules are important.
Lesson 2: Late Bloomers	social studies, language arts	A story is used to help students understand that people are different and develop skills at different times. Students identify their own accomplishments and identify a new skill they hope to master.
Lesson 3: Don't Lose Your Sheep!	language arts	Students match honest and dishonest examples with their appropriate consequences.
Lesson 4: I Pledge Allegiance	social studies, language arts	Use this cooperative learning game to teach important issues regarding respect for our country's flag.
Lesson 5: Are You Responsible?	language arts, social studies	Students identify irresponsible acts and consequences. Through a questionnaire, they determine their level of responsibility.
Lesson 6: Asteroid Field	language arts, science	In this game, students try to get their blindfolded team members from one area to another without running into asteroids (plastic cups).

Physical Education

Lesson1: Space Tag	PE, science	Students try to avoid being tagged by the alien(s). When they stand in one of the 4 hula hoops (space stations), they cannot be tagged. Variations of this game offer other fun scenarios.
Lesson 2: Space Invaders	PE, social studies	City guards (students) try to protect their cities (milk jugs or bowling pins) from alien laser beams (balls) rolled by aliens (other students). Whenever an alien is successful in knocking over a city, he/she trades places with a city guard.
Lesson 3: Docking with the ISS	PE, science	Partners work together to get the space shuttle that is suspended from a piece of string between them into a plastic cup (symbolizing the ISS) without knocking over the cup. The first team to have all of its partners finish wins.
Lesson 4: Spacesuit Relay	PE, science	In this relay race, team members must take turns putting on clothing that represents a spacesuit (including bulky gloves) and putting a washer on a bolt.
Lesson 5: Dizzy Izzy	PE, science	In this relay race, team members must run down the field to a bat, spin around it several times, and return back to the team.
Lesson 6: Do a Spacewalk	PE, science	Students will perform a bear crawl and crab walk to increase muscular strength and improve upper and lower body coordination. Students may complete the mission log to document their experiences during the week.

FOURTH-GRADE ACE LESSONS



Academic

TITLE	SUBJECT(S)	DESCRIPTION
Lesson 1: Bernoulli Bubbles	science, math, language arts	Students plan an experiment to answer two questions: What is the average amount of time a bubble stays in the air? What can be done to a bubble without touching it to make it stay aloft longer?
Lesson 2: Airplane Anatomy	science, S.S., language arts	Use a National Air & Space Museum link to help teach students about parts of an airplane and to compare the Wright brothers' airplane to today's airplanes.
Lesson 3: Paper Airplanes	science	Students use a pattern to construct a paper airplane. They learn about rotational movements and experiment with the flight path of their airplane by manipulating the elevons.
Lesson 4: Fun Shuttle	science, S.S., language arts	Teach students the basic timeline for a shuttle launch by having volunteers play the roles of the parts of the space shuttle. Then, let them assemble and experiment with their Fun Shuttle (provided by CAP).
Lesson 5: Balloon Lifter	science, math	Conduct this balloon rocket experiment to see how many paperclips the balloon rocket can carry.
Lesson 6: Floating or Falling	science	This experiment which involves a plastic soda pop bottle and a paper astronaut attached to a string helps explain the concept of free-fall.
Lesson 7: My Mission , My Patch	science, S.S., language arts	Use NASA mission patches to help teach students about space history. Students will create their own patch either individually or collectively to symbolize their mission as 4 th grade students.
Lesson 8: NASA Spinoffs	science, S.S., language arts	Students will predict which pictures on a worksheet are NASA spinoffs. The answers are surprising. An additional activity allows them to play a game and use a NASA webpage to find answers to a NASA spinoff crossword puzzle.
Lesson 9: Play Dough Planets	science, math	Provide directions to students regarding making balls of play dough in order to create scale models of the Earth, Moon, and Mars.

Character

Lesson 1: So, What Exactly Does that Mean?	language arts, social studies	Students use a graphic organizer to help define character-related words such as integrity, perseverance, compassion, etc.
Lesson 2: Anger Out	S.S., science, language arts	By completing the anger behavior survey, students analyze their methods of dealing with anger. Students consider consequences of their actions, not only here on Earth, but in space too.
Lesson 3: Twin Wings	language arts	Share and discuss a short story regarding acceptance. Then, allow students to construct and experiment with a paper airplane.
Lesson 4: The Great Uncle Wiggly Wings	language arts, social studies	Share the story of Uncle Wiggly Wings with the students. Then, either let them make a parachute or let them complete activity pages from CAP's Uncle Wiggly Wings booklet.
Lesson 5: Wings of Responsibility	language arts	Students listen to and discuss the story of Daedalus and Icarus. They make a candy airplane to remember the story and to remind them that obeying results in sweet rewards.
Lesson 6: Never Give Up	language arts,S.S.	Students determine if different situations are successes or failures. Students will be surprised by the real-life answers.

Physical Education

Lesson 1: Operation Cooperation	PE, social studies	Select between 3 activities to allow students to practice teamwork and cooperation: a group tossing activity, a unique game of tag, or a unique game of kickball.
Lesson 2: PE Planes	PE, science	Each member of a 6-member team is designated as a specific aircraft with special movements. When an aircraft is called, the team representative makes his/her way down the playing field and back while conducting the assigned movement.
Lesson 3: Satellites	PE, science	Along with learning about satellites, some team members guard their satellites (hula hoop constructions) while other team members launch balls to knock down satellites. The game ends when a team loses all 3 of their satellites.
Lesson 4: Human knot	PE, language arts	All members of an assigned group stand in a circle and grab someone's hands that are not next to them. Then, members work together to untangle themselves without disconnecting hands.
Lesson 5: Who Let the Balls Out	PE, science	This game instructs the batter to actually throw a variety of balls from home plate onto the field. When the last ball is thrown, the batter tries to make it around the bases and back home before those in the field can return all of the items to the box.
Lesson 6: Base Station Walk Back	PE	Students will perform a walk, progressing to 1600 m (1 mi) to improve lung, heart, and other muscle endurance. Students may complete the mission log to document and analyze their experiences during the week.

FIFTH-GRADE ACE LESSONS



Academic

TITLE	SUBJECT(S)	DESCRIPTION
Lesson 1: Lighter than Air	science	Students conduct a hot air balloon experiment using a small plastic bag, blow dryer, and paper clips. They are able to explain why the hot air balloon works.
Lesson 2: Forces of Flight	science	Provide instruction about the 4 forces of flight: lift, gravity, thrust, and drag. Students demonstrate the forces using power planes (provided by CAP) and experiment with flight.
Lesson 3: Graphing the Four Forces	math, science	After explaining how to measure forces, students complete graphing exercises to determine if the information provided in each problem results in an aircraft that will fly.
Lesson 4: FPG-9 Glider	science	Construct gliders using the FPG-9 template and Styrofoam plates. Students are provided with challenges on their data sheet, and they manipulate the glider's elevons and rudder to meet the challenges.
Lesson 5: Fizzy Rocket	science, math	In this experiment, students use a film canister, water, and effervescent tablets to help understand how rockets work.
Lesson 6: Astrospud Spacesuit Challenge	science, math, language arts	After learning about spacesuits, students use a wide range of skills to meet the challenge of creating a covering for a potato that prevents the potato from being penetrated by a screw driver (or similar object).
Lesson 7: Scaled Solar System	math, science	Using the scale of 1 AU = 10 cm, students use each planet's AU to determine its scaled distance from the sun. They visually represent the scaled planet distances from the sun on a piece of string or paper.
Lesson 8: Counting Your Lucky Stars	math, science	Students learn how learn why and how scientists sample in order to estimate a large number of items, such as stars. In the sampling activity, students try to arrive at the number of stars printed on a page.
Lesson 9: Follow the Drinking Gourd	science, S.S., language arts,	Students learn about a song during the pre-Civil War period that reportedly taught slaves how to travel north to reach freedom. There are several activities from which to choose to support the story/song.

Character

Lesson 1: Proud to be an American	language arts, S.S., science	Lead students in a discussion about how Americans are alike and different. Choose from 3 activities: rock identification, oobleck story and experiment, or a Venn diagram activity.
Lesson 2: Fairness Flies	language arts, S.S.	Facilitate a discussion on things that are fair and unfair. Students respond to specific fairness scenarios.
Lesson 3: Power Givers	language arts, social studies	Share a story or information about Col. Halvorsen (Uncle Wiggly Wings). Facilitate a discussion about humanitarianism. Students will construct a parachute with a piece of candy attached in honor of Col. Halvorsen to provide to kindergarteners.
Lesson 4: Life Forces	language arts, science	Students write or illustrate life forces that "thrust" them forward, "lift" them up, "drag" them away, or keep them down (as in the force of gravity).
Lesson 5: To _ or Not To _? That is the Question!	language arts, social studies	Identify positive and negative behavior and consequences for each.
Lesson 6: Leaders Do!	language arts, social studies	Students learn about Gene Kranz, a legendary leader at NASA. After discussing characteristics of leaders, students participate in activities to focus on leadership and teamwork skills.

Physical Education

Lesson 1: Navigation Communication	PE, language arts	In this game, students try to get their blindfolded team members from one area to another without running into obstacles (plastic cups).
Lesson 2: Meteor Shower	PE	Students practice their agility by dribbling a basketball into a hula hoop that contains another student who tries to steal the ball. Points are made when a student can bounce the ball in the hula hoop without it being stolen.
Lesson 3: Food for Thought	PE	Teach students how to read food labels and make healthy food choices.
Lesson 4: Ultimate Frisbee	PE	Play the game Ultimate Frisbee, which is played similar to a game of football except a Frisbee is used instead of a football.
Lesson 5: Space Invaders	PE	Eight teams compete to see which team can collect 8 of the same item in this game of speed and strategy.
Lesson 6: NASA Fit Explorer Challenge	PE	Students perform throwing and catching techniques on one foot to improve balance and spatial awareness.

SIXTH-GRADE ACE LESSONS



Academic

TITLE	SUBJECT(S)	DESCRIPTION
Lesson 1: Air-mazing Experiment	science	In this race between a teacher and student to inflate a wind bag, the teacher wins by utilizing Bernoulli's principle to inflate the bag.
Lesson 2: Target	science, math	Students design their best paper airplane and toss it toward a target that displays 4 different colors. They record what color it hits or to which it comes closest. Students convert the tallies into fractions and percents.
Lesson 3: Wing Ratios	math, science	Using the formula to find the aspect ratio of wings, students will determine which wing out of a set of wings with given lengths and widths will result in the best lift and least drag. An extension activity allows students to make planes with different wings.
Lesson 4: Junk Rocket	science, math	Students will build a rocket that can be launched inside the classroom. Students will change variables, record data regarding their launches, and form reasonable ideas and explanations based on their results.
Lesson 5: Strange New Planet	science, language arts	In teams containing 3-5 students, team members take turns following directions in order to obtain and share data about a mystery object.
Lesson 6: What's Hidden Below	science, math	Either collectively as a class or in small groups, students insert a colored skewer into points covering a container. They record the color that is visible on the skewer closest to the top of the container for each designated point. Ultimately, they create a type of topographic map and try to determine what is in the box. This simulates how satellites map planets.
Lesson 7: Payload Packaging	science, math	Students engage in a design challenge wherein they design a lander capable of delivering an egg safely to the ground. Cost is also a factor in the design process.
Lesson 8: Super Stars	science, language arts	Engage students in this visually stimulating activity/demonstration to help students understand star properties and the life cycle of stars.
Lesson 9: Fraction Hunt	math	Students follow directions using fractional parts of words in order to decode a secret "milky way" message.

Character

Lesson 1: Let Your Good Character Take FLIGHT	language arts, science, S.S.	Read a short space history article. Students will create an acrostic poem using the name of an early space program or using their own name. The beginning letters will be used to create words reflecting good character.
Lesson 2: Should You Judge a Book By a Cover?	language arts, social studies	Groups of students will either read an article about the Tuskegee airmen or the first women who trained to be astronauts. Students will identify examples of stereotyping and possible consequences of stereotyping.
Lesson 3: Attitude Determines Your Altitude	language arts, S.S., science	Facilitate a discussion about characteristics of a positive attitude and being successful. Students engage in a grouping activity, as well as a launch-related activity.
Lesson 4: There is no "I" in Team	language arts, science, S.S.	Students read an ISS article and identify examples of cooperation. Then, they engage in an activity to work as a team to try to make a helium-filled balloon neutrally buoyant.
Lesson 5: Rocket to Success	social studies, language arts	After reading and discussing an article about Dr. Robert Goddard, students will make a straw rocket and launch it at a target.
Lesson 6: This, again?	language arts	Students will identify good habits and bad habits and their consequences. Students will analyze themselves.

Physical Education

Lesson 1: Ultimate Frisbee	PE	Read a true story about sportsmanship, and then play the game Ultimate Frisbee, which is played similar to a game of football except a Frisbee is used instead of a football.
Lesson 2: I'm so Dizzy, My Head is Spinning	PE, science	In this relay race, team members must run down the field to a bat, spin around it several times, and return back to the team.
Lesson 3: Rocket Golf	PE	Play the game of golf using a finger rocket that is launched using a rubber band.
Lesson 4: Moon & Mars Message Relay	PE, science language arts	Each of 2 teams forms a line. Team members simulate passing along a signal (from the back of the line to the person at the front) that has instructions for the person at the front (the rover) to go retrieve something from the team's box across the room. Each team has a judge to ensure the correct item is retrieved. The first team to successfully retrieve all items wins.
Lesson 5: From Football to Flight	PE, social studies	Learn about an astronaut, Leland Melvin, who was a former NFL football player, and ended up becoming an astronaut. Then, play a football game in honor of Leland Melvin.
Lesson 6: Crew Strength Training	PE	Students conduct body-weight squats and push-ups to develop upper and lower body strength in muscles and bones. Students may complete the mission log to document and analyze their experiences during the week.