

Learning Like an Astronaut at CPS

Challenge Feedback

Challenge #1:

Why is it important for astronauts to prepare their bodies for space by becoming fit and strong?

The Mission: To prepare your body.

Design a fitness test for astronauts and show evidence that your class has passed the test.

This feedback has been prepared for you by our Specialized Space Crew: Vicki, Leela, Logan, Laurissa, Seth, Riley, and Captain Outram.

Congratulations on completing the mission!

Here are your scores:

	Feedback	Points
Creativity and Imagination What tools, skills, and talents did you use to put your entry together?	Used good listening and answered questions about space. Excellent dance skills.	2/2
Participation How did your class show teamwork and positivity? How did you engage everyone in this mission?	Looked like the class was having fun. Many participated, but not all for the whole song.	1/3
Connection the Mission How did your entry show what you learned about space and being like an astronaut?	Did well with connecting to mission and showing differences with planets. We think students learned a lot.	2/2
Quality How did your entry demonstrate the fitness of your class? How have you prepared your body by selecting exercises to help you become fit and strong?	The class had a good workout. We liked the different exercises. The class may have needed more practice.	2/3

Final Thought: We thought your entry was amazing!

7 1/10

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Creativity and Imagination What tools, skills, and talents did you use to put your entry together?	You made your own song! Wow! Good combination of exercises. Excellent singing!	2/2
Participation How did your class show teamwork and positivity? How did you engage everyone in this mission?	Full class participation! Lots of happy students working together.	3/3
Connection the Mission How did your entry show what you learned about space and being like an astronaut?	The song was about space and the exercises were linked. We would have liked more detail.	1/2
Quality How did your entry demonstrate the fitness of your class? How have you prepared your body by selecting exercises to help you become fit and strong?	Everyone was moving around and that was good. You did a lot of exercises. We wanted to see you sweat!	2/3

Final Thought: Good work! You tried hard and we liked your entry 8/10

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Creativity and Imagination What tools, skills, and talents did you use to put your entry together?	We liked it was set-up like a training video - but live! Having 2 astronauts in suits leading this was a nice touch.	2/2
Participation How did your class show teamwork and positivity? How did you engage everyone in this mission?	Everyone did it and gave 100%.	3/3
Connection the Mission How did your entry show what you learned about space and being like an astronaut?	Showed the importance of training and learned the names of key space things. Some new exercises too!	2/2
Quality How did your entry demonstrate the fitness of your class? How have you prepared your body by selecting exercises to help you become fit and strong?	You worked up a sweat! It felt like you were training for real.	3/3

Final Thought:

Awesome! Great planning and teamwork!

10/10

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Creativity and Imagination What tools, skills, and talents did you use to put your entry together?	We loved the outdoors! Good exercises related to space. Excellent photography and writing!	2/2
Participation How did your class show teamwork and positivity? How did you engage everyone in this mission?	Looked like all students participated. A lot of teamwork must have happened behind the scenes.	3/3
Connection the Mission How did your entry show what you learned about space and being like an astronaut?	They learned a lot about space and exercise with training things like the space hurdles.	2/2
Quality How did your entry demonstrate the fitness of your class? How have you prepared your body by selecting exercises to help you become fit and strong?	The obstacle course was intense! Had good exercises but it was hard to see if students sweat in the pictures.	2/3

Final Thought: You are awesome! We loved this entry. It is one of our favorites!! 9/10

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	Feedback	Points
Creativity and Imagination What tools, skills, and talents did you use to put your entry together?	We liked the dancing and use of music. Creative names for stations!!	2/2
Participation How did your class show teamwork and positivity? How did you engage everyone in this mission?	Everyone engaged and did their best at each station. Excellent!	3/3
Connection the Mission How did your entry show what you learned about space and being like an astronaut?	You can tell you pictured what it would be like in space. You are ready to dodge meteors!	2/2
Quality How did your entry demonstrate the fitness of your class? How have you prepared your body by selecting exercises to help you become fit and strong?	Intense workout! You really sweat and kept moving. Lots of different exercises, kept everyone moving. Beware of being too silly!	3 2 / 3

Final Thought: Outstanding! We could tell you really worked together to plan this!

10
~~9.5~~
10

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	Feedback	Points
Creativity and Imagination What tools, skills, and talents did you use to put your entry together?	Definite wow factor with the video! Dodging lasers - awesome! Creative editing.	1.5/2
Participation How did your class show teamwork and positivity? How did you engage everyone in this mission?	Everyone involved. Great team names. Looked like the class was having fun.	3/3
Connection the Mission How did your entry show what you learned about space and being like an astronaut?	We couldn't tell what you learned about space.	0.5/2
Quality How did your entry demonstrate the fitness of your class? How have you prepared your body by selecting exercises to help you become fit and strong?	It looked like some good running (and fun!) - very dramatic! Would have been nice to see more exercises.	2/3

Final Thought: We laughed and laughed!
 Loved the video and the laser surprise!!

7/10