

## Space Guiding Us

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Taking into consideration the fact that general education provides the passport for a successful career the charting of Space consists of a constructive instrument available to every single teacher. Activities touching directly upon Space comprise a source of inspiration that encourages pupils to get acquainted with natural sciences and technology while consolidating their cross-curriculum knowledge.

The applications and endeavors arising out of Space play a vital role for the further development and growth of our societies. Moreover, the prosperity of people is inextricably bound up with the implementation of Space policies adapted to different sectors such as the Environment, the phenomenon of climate change, matters affecting public or private safety, humanitarian aid and other technological issues. Therefore, the thorough analysis of Space endows us with insights about new products and innovative forms of industrial collaboration.

As a teacher, I have consciously chosen to utilize the topic of Space in class as an instructive tool during the last 4 years. The lure of Space combined with the fascination provided by Space flights contributes to the enrichment of children's knowledge in the field of STEM. Space consists of the perfect cross-curriculum tool for the teaching of distinct subjects such as History, Geography, Science, Environment, Literature, Music, Religion and Physical Education. Following the Curriculum for pupils aged 9-10 I opted to teach the topic of Space under the title 'Space Guiding Us' as well as its subunits:

- International Space Station
- Cassini/Huygens, Mission to Titan
- Rosetta & Philae
- European Union and Space
- Mission X: Train like an Astronaut

The main purpose of choosing the module of 'Space' is to stimulate the scientific and critical thought of the pupils, to foster the co-operative spirit among them and to make them aware of how the application of Science affects their everyday lives.

Aims

- To incite pupils' interest about science and technology by utilizing Space
- To increase their level of awareness for space science and technology
- To motivate them in using their curiosity and creativity for acquiring knowledge and developing a large variety of skills
- To promote the importance of international co-operation and research for the welfare of human kind
- To encourage pupils to learn about the contribution of a healthy diet and physical exercise to a longer and sustained health

Particular emphasis will be given to the contribution of Space as part of the international educational challenge Mission X: Train like an Astronaut focusing on fitness and nutrition as we encourage students to "train like an astronaut". Using the ISS as an example of a venue where keeping fit and healthy is fundamental, the project promotes a healthier, more active lifestyle by demonstrating to children how astronauts stay fit prior to and during spaceflight [www.trainlikeanastronaut.org](http://www.trainlikeanastronaut.org) This year our school takes part in this project with 74 pupils and 6 teachers. Also, based on data that I have collected as Country Lead of this Action throughout Greece approximately 1250 students have been actively involved.