



Alien Research Centre
European Space Agency

Worfield Primary School
Main Street
Worfield
Bridgnorth
Shropshire
WV15 5LF

Dear Worfield staff and students,

As you may be aware, the ESA have been preparing for a mission to planet XZ-374 for the Year 2026. We at the Alien Research Centre are very keen to send astronauts to investigate the possibility of life on the surface of the planet. The pupils at Worfield School have been specially selected to participate in a national training scheme to select the fittest and best people for this mission.

We require you to send in some data collected from your pupils regarding their fitness levels. Please see the attached leaflet for the sorts of training that will need to take place in order to prepare candidates for the task.

This mission is top secret and should not be shared with any unauthorised personnel.
Good luck.

M.H. Adamson

M H Adamson
Alien Research Centre Taskforce

Approved activities for astronaut training.

Crater jump;



You may come across small cracks and crevices on the surface of XZ-374. To prepare for this you should practise jumping across a line with your feet together. Do this for 1 minute.

The Spacesuit shake;

The specially designed space suits are quite a tight fit, and you may need to wriggle into them whilst wearing thick gloves. To practise for this we suggest using special ESA approved hoops to hula with for 1 minute.



Astronaut jumps;



We have designed a special exercise for astronauts to allow them to exercise in a confined space. You must start with your arms at your side and your legs together, then jump, moving your arms and legs out to the side do as many as you can in 1 minute.

Alien attack;

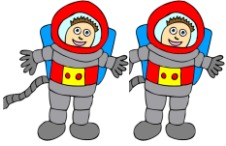
In the unlikely event that the alien life forms *are* unfriendly, then you may have to run quickly back to the space craft. Practise running on the spot for 1 minute.



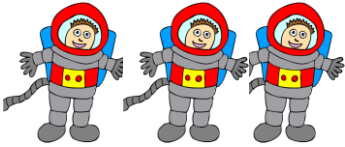
How you will know if you have been successful in the first part of this mission;



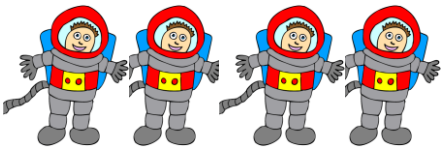
Carry out a fair investigation.



Record information in a table.



Discuss and compare the information and data collected.



Plot information on a graph.

Alien attack;



**Practise running
on the spot for 1
minute.**



Astronaut jumps;

Start with your arms at your side and your legs together, then jump, moving your arms and legs out to the side. Do as many as you can in 1 minute.

The Spacesuit shake;

**Using special ESA
approved hoops,
hula with them for 1
minute.**



Crater jump;



**Practise jumping
across a line with
your feet together.
Do this for 1 minute.**

ARC Astronaut training programme

Candidate Name;

Activity	Heart rate (pulse)
Resting	
Warm up and stretching	
Activity 1	
Activity 2	
Activity 3	
Activity 4	
Cool down	
Resting	

ARC Astronaut training programme

Candidate Name;

Activity	Heart rate (pulse)
Resting	
Warm up and stretching	
Activity 1	
Activity 2	
Activity 3	
Activity 4	
Cool down	
Resting	

ARC Astronaut training programme

Candidate Name; Student X

Activity	Heart rate (pulse)- 15s
Resting	10
Warm up and stretching	12
Activity 1Crater jump.....	15
Activity 2Astronaut jump.....	17
Activity 3Spacesuit shake.....	20
Activity 4Alien attack.....	23
Cool down	18
Resting	13

ARC Astronaut training programme

Candidate Name; Student Y

Activity	Heart rate (pulse)- 15s
Resting	10
Warm up and stretching	12
Activity 1Crater jump.....	14
Activity 2Astronaut jump.....	18
Activity 3Spacesuit shake.....	20
Activity 4Alien attack.....	22
Cool down	18
Resting	14



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To all staff and students at Worfield School,

Many thanks for all of your research and for providing the data for us to consider.

The candidate that we require must have a resting heart rate of less than 80 beats per minute after completing the exercises.

Please send any successful candidates to the ESA headquarters ASAP.

Best wishes,

M.H. Adamson

M H Adamson
Alien Research Centre Taskforce

Points to consider...

* **WHAT** are we investigating?

* What will you need to keep the **SAME** during the investigation?

* What will you need to **CHANGE** during the investigation?

* What will you **MEASURE** during the investigation?