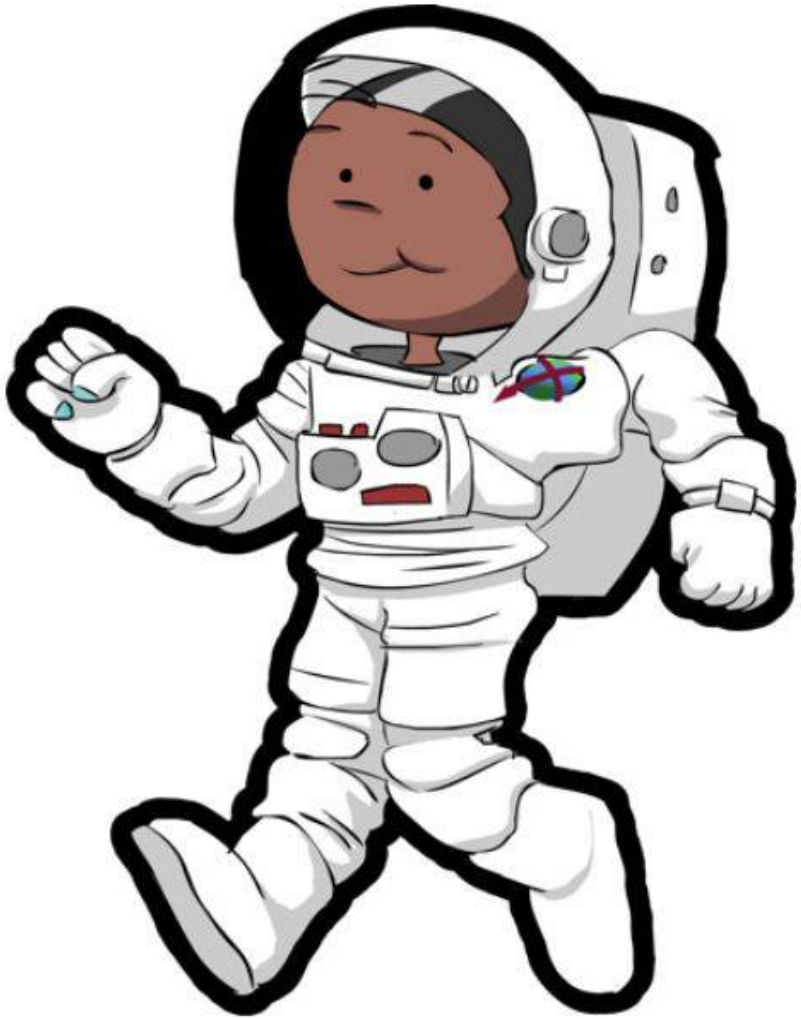
Mission X: Train Like an Astronaut



An international educational challenge, focusing on fitness and nutrition, that encourages students to train like an Astronaut.

Students practice scientific reasoning and teamwork whilst participating in hands-on training missions targeting strength, endurance, coordination, balance and spatial awareness. Many of the lessons and activities are linked to the science curriculum and have a clear focus on health and nutrition.

How to sign-up