

Student Directions

Astronauts Narrative Performance Task

Task:

Your class is studying about space. Your teacher asks students to choose something about space they would like to learn more about. You decide you want to research space travel. You find two sources about the life of an astronaut.

Read the sources carefully so you will have the information you will need to write a story on a topic related to the sources.

Sources for Performance Task:

Source #1

You have found a source describing the type of training that astronauts receive in order to do their job.

What Is an Astronaut?

by Talia Yee

Have you ever thought about what it is like in space? Astronauts are people who go out into space. Being an astronaut is an exciting job. Astronauts who see Earth from space say that it is round, like a ball. While in space, astronauts can look down and see clouds, land, and water. Some can even see the moon up close. Astronauts get the chance to see more stars than you or I have ever seen.

Being an astronaut may be exciting, but it is not an easy job. A person who wants to be an astronaut has to study for years. There are many things an astronaut must learn to do before going into space for the first time.

A weightless astronaut in space

Astronauts train for hundreds of hours. During their training, they learn about space. This type of training might include studying the stars and Earth. It is important that astronauts study space so that they understand what they will work with while in space. The astronauts also learn medical skills like basic first aid during their training. This training allows them to treat simple medical problems so that they can keep each other healthy and safe in space.

In their training, astronauts also learn what life is like on the International Space Station (ISS). The ISS is a large spacecraft that orbits Earth. The ISS is a place where astronauts do science experiments while in space. Astronauts also learn to eat, exercise, and do experiments while floating in the air. They also practice riding in special vehicles that are just for space. These vehicles bring supplies like food and fuel to the ISS. The vehicles are about the size of a pick-up truck with 12 wheels. Astronauts even take classes in scuba diving!* When they're walking underwater in their scuba suits, astronauts feel the same as they would feel walking in space. Lastly, astronauts must also learn how to work together as a team. This is important because as many as eight astronauts may be in one spacecraft. These astronauts have to learn how to live and work together in a small space.

Each astronaut has a special job to do as part of the team. Some astronauts learn how to put things together so they become good at fixing things. This is important because if something on a spaceship breaks, the astronauts must be able to fix it themselves. Some astronauts are pilots who know how to fly airplanes. These astronauts have to study how to fly and steer a spaceship. They train for many hours to learn how to turn it, how to make it go faster and slower, and how to guide it through space. Some astronauts are leaders and are in charge of all of the people on the ship. They make sure that everybody is doing the right job. Other astronauts learn mostly about science. Their job is to learn how living things change when they are in space.

Although each astronaut has a special job on the team, each of them has to learn how to work where there is no gravity. When they are in a spaceship that is moving around Earth, they can feel as though they do not weigh anything. They are able to float. Many astronauts say that it is fun to float around the inside of a spaceship. Objects in the spaceship can also float, so astronauts can lift and move heavy things easily.

Feeling weightless is fun, but being in space is work for astronauts. Astronauts must be healthy and eat right. They have to exercise and be in good shape. Astronauts have many adventures, but they work hard too.

*scuba diving: swimming under water with a special suit, an air tank, and fins

Sources Used

European Space Agency (n.d.). Astronaut training. Retrieved from http://www.esa.int/esaKIDSen/SEM3RIWJD1E_LifeinSpace_0.html

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NASA (2011, November 30). What Is the International Space Station? Retrieved from: <http://www.nasa.gov/audience/forstudents/k-4/stories/what-is-the-iss-k4.html>

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Source #2

This article describes what happens to astronauts' bodies when they go into space.

Life in Space

by Aaron Higgins

Many people say they want to be an astronaut, but do they know what it's really like? When astronauts are in space, they feel weightless. They can float. This sounds like fun, but it is not that simple. The human body is used to being on Earth, but some people stay out in space for months. A lot of strange things happen to the body when it floats for that long.

Astronauts sometimes feel sick in space. It takes a few days for them to get used to feeling weightless and being able to float.

Being in space also changes how blood flows in the body. In space, more blood flows to the astronauts' heads so their faces get puffy and their necks get bigger. At the same time, less blood flows to their legs, making them skinny. They call this condition "bird legs."

The heart is a muscle that pumps blood around the body. The heart does not have to work as hard to pump blood in space. A muscle that does not work hard gets weaker and smaller. Astronauts' other muscles and their bones can also get weaker. This is because they do not have to work as hard to move the astronaut's body.

To help keep their muscles strong, astronauts have to do exercises when they are in space. They use big rubber bands attached to the walls of the spaceship and hook them over their shoulders. Then they bend their knees and press against the rubber bands to make their legs stronger.

Even with regular exercise in space, astronauts come back feeling weak. It takes time for them to get back their Earth legs and learn how to live with gravity again.

Sources Used

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NASA (2009). When space makes you dizzy. Retrieved from http://www.nasa.gov/audience/forstudents/5-8/features/F_When_Space_Makes_You_Dizzy.html

Student Directions

Astronauts Narrative Performance Task

Part 2

You will now use your notes and sources to plan, draft, revise, and edit your story. Read your assignment and the information about how your story will be scored; then begin your work.

Your Assignment:

Your class is creating a book of stories about space. For this project, you decide to write a story about an astronaut. Your story tells about an adventure that happens to a character who is an astronaut traveling in space. Your story will be read by parents, teachers, and other students.

Writers often do research to add realistic detail to the setting, characters, and plot in their stories. When writing your story, find ways to use information and details from the sources to improve your story about an astronaut adventure. Make sure you develop your characters, the setting, and the plot. Use details, dialogue, and description where appropriate.

REMEMBER: A well-written story

- has a clear plot and a clear sequence of events.
- is well-organized and has a point of view.
- uses details from the sources to improve the story.
- uses clear language.
- follows rules of writing (spelling, capitalization, punctuation, and grammar usage).

For Part 2, you are being asked to write a story that is several paragraphs long. Type your response in the box below. The box will get bigger as you type.

ENGLISH LANGUAGE ARTS

Target 2

Compose Full Texts

Write full narrative texts using a complete writing process demonstrating narrative techniques (dialogue, description), text structures, appropriate transitional strategies for coherence, and author's craft appropriate to purpose (closure, detailing characters, plot, setting, and events).



Claim 2

Writing

Students can produce effective writing for a range of purposes and audiences.

Grade

Grade 3

Standards

RI-1, RI-6, RI-7, RI-9, W-1b, W-3a, W-3b, W-3c, W-3d, W-4, W-5, W-8

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Name: Snuffelupagus

Travling in space

When I was little I wanted to be a asternot. But I didn't know how hard it was.

Before you could go to space you have to train. You maby have to learn how to staer a rocket ship. Space to because your bones get weak. When you have done that you will have to do exersises and in space because your bones get weak. When you finish all of it you will go on a spaceship! When you get to space the real challege begins.

It is not easy to be a asternot. When you are in space you may not want to be the leader because it is do or die. If you are in space blood flows up to your head and makes you neck puffy and less blood flows to your legs they call this condition "bird legs". In space thier is lots of jobs thier is a person who might just learn about sience because if somthing on your spaceship breaks they could fix it. Someone will learn how to steer a spaceship and their are way more jobs because maby more then 8 people can be on a spaceship.

To get home it is not easy it will be easy if you just go strait but if you go rights and lefts it will be hard. When you get use to your puffy neck and bird legs. But you will have to get use to your human legs again. If you like space you may not want to go home.

Space is a fun place to be but it is still hard work. If you want to know more about space or about asternots you could do some resherch and you might have a answer for you quetion.

Name: Rudolph

about astronaut

Going to space is hard like astronaut. astronaut have to do there job and study and, there are one astronaut that fix think and one that study about space and others. They stay at the ISS. ISS is the large spacecraft and it need fuel so the special vehicles that are jest for space. they bring supplies like food, fuel, and other thinks. some astronaut are the Leaders, and in charge of all the people in the ship. So Notthink go's worg and they have to work hard to Lived and They can have fun, like seeing the stare and they get power form the sun, the more sunLight the more power they get.

Name: Donnor

POWER DOWN

My name is doug and i'm a astronaut. I live with my dog Joe. In space, I'm the best man. I go on the hardest missions. On those ones I bring my dog. I usually find ways to sneak him on board. Speaking of ships, I have one Of my own called the B.E.F. The name is totally cawinsudentel. It's short for BEST of the FAST and FURIOUS. I recently attended one of those big missions I was talking about, and here's what happened.

I was playing teeny titans go figure on my phone, when it turned off. Then suddenly all the power in my house turned off! Joe curled up next to my and wined. Then there was a knock on the door. I opened it slowly, joe slightly growling. Then my boss (the commander of every space launch their has ever been)came in. He came in with a lantern and a stern look on his face. "All the satellites orbiting earth shut down." he said."ALL of them!" I said very surprised. " not ALL of them," he chuckled "Just the main ones." "I'll meet you there." "yes captain." I said trying to sound tough. The blanket of anxiety pulled over me while I was packing my stuff (including Joe who was in my hat.) But I puffed up my chest And got in my ship.

I flew to the astronaut shudel. I could already feel the blood flow to his head. I had chicken legs! That's why I have chickens! When I landed in the parking lot for the space shuttle. When I got there I could see the chief pushing a metal table which would be heavy on earth but were not on earth were in space, things are lighter in space. Anyway, he pulled up some chairs for the other people there, including me. When we all sat down, the chief started talking."Everyone will stay at the station while and keep tabs on douge while he fixes the satellites. Everyone looked at me for a second, then the captain continued. "We will give you a red space firework incase anything went wrong. I said farewell to everyone and went to go fix the satellites!

I was doing some exercising with the bungee cord on my ship during ato-pilot when the ship rang an alarm! I ran to the front of the ship and it said that there were asteroids! I could deal with this. I participated in world war 2, and luckily they taught me how to dodge missiles in a jet. I flew throw them and I didn't hit ! (Or so I thought.) When I got throw that, I looked out and saw one of the satellites! I put on my suit and went out in space. I fixed it and went back in my ship. Then the control board told me that the wing of my ship was damaged. What could have done that? Oh how I wonder.*whispers*(It was the asteroids.)

I go to the broken part of the ship and the speakers on the ship said: *40 seconds before destruction*. It would take 40 MINUTES to fix it, not 40 seconds! I open the control panel and guess what was under it? 3 wires, a green one, a red one and a blue one. I'm going to have to cut one, I think. But which one? I think, and think, and think. It's hopeless. Then I feel a gentle paw on my shoulder. Its Joe! I hug him waiting for the end. Then Joe jumped for the control panel, 5 seconds left. His jump gets closer, 4 seconds left. He lands on the control panel, 3 seconds left. He jumps to the wires, 2 seconds left. He grabs the green wire with his gaws, 1 second left. He he rips it 0 seconds left. I close my eyes ready for my demise, nothing happens. I look up at Joe, tongue hanging from his mouth tail wagging. He had saved me, and he knows it! I went to the front (Joe following) and looked out. I was the next satellite! I went to go get my suit when something caught my eye. I looked out the window, and so did Joe. It I saw the last satellite! Joe barked to show his excitement. I opened the door and fixed both of the satellites. I looked at earth, I was on the moon side so everything was dark. Then all the lights turned on, it was beautiful. I went in my ship and hugged Joe. I turned on the power I am a hero,

We are heros

THE END

Or is it?

Name: Blitzen

Life In Space

Hi, my name is Emma and this is Sydney and Lilah. Today we are launching into space on the ISS (In Space Stars) that's what we call it but it's real name is International Space Station. We will be in space for a week. While we are in space Sydney wants to study how animals survive. She and Lilah wants to big dipper and little dipper. I just want to see the stars!

We stared lift of. We were all so nerves. So here are the jobs Sydney trained to fix the space shuttle if it breaks down and Lilah's job is to leader. My job is to drive. Sydney thought it took forever but it really didn't. So she decided to sleep but once we got into space she was not happy. In space we looked down and saw clouds,water,and land. While I was gassing down Sydney sed that she was hungry. So I fixed up three bowls of fruit. But there was a problem because the fruit was so light that it floated and then we all started laughing! Then all the sudden we heard something and it was the right gear broke of. I know it sounds crazy for a gear to brake of but Sydney got right to work. After,she finished that the engine broke down and she got right back to work.

After, we got back on track we went and saw big and little dipper. I got to see the stars I wanted to see. Once the space shuttle landed Lilah was the first one to fly of the shuttle!

Space is a beautiful place. Exspeshole the stars at night!

Name: Dasher

The Astronauts Aventure

By:

Hello, I am going to go in space. I am just about to go into the spaceship. When I got inside I strapped myself in. Then I heard the countdown 3...2...1...BLASTOFF! Just to tell you I been practicing for hundreds of hours. I also been scuba diving. Scuba Diving is just like no gravity.

I was wanting to make new friends. So when we were told to unbuckle, I unbuckled super fast. The first person I met was a girl. Her name was Meg. We went to another person. Her name was Annabeth. The next couple people was Cade, Percy, Tyson, Kala, and Hazel. We were all hungry, so we went to get the food we packed. I had candy and healthy stuff. I took a big bag of m&ms. When I opened the package m&ms spilled out. I had lots more bags of m&ms, so I made a game out of it. It's called eat the m&ms. I looked out the window and saw a vehicle that was as big as a pickup truck and has 12 wheels. I was playing a game and realized I felt like I don't weigh anything. Then I went to the exercising room. There was big rubber bands that were attached to the wall. I started exercising because I don't want to go weak. I know I will but, just in case. Astronauts always get chicken legs. It's when your legs get skinny.

Now we were going to say are jobs. When I finally got there (I got lost) everybody was already there. I volunteered to go last. Meg went first.

She said " My job is to learn about the science stuff."

Percy's was fixing things. Annabeth too. Cade was a pilot.

"I'm a pilot." Tyson said.

"I learned about since." Hazel said.

Kala and me did not know what are job was. Are instructors said "are teammates would know."

"We must be the leaders." Me and Kala said at the same time.

CLUNK!!!!!!!

“What was that?” I said.

“I don’t know.” Kala anserad.

We all looked out the window. We were going through the asteroid belt. Tyson and Cade ran to the controllers and started doging the asteroids.

“Maybe we should go to the moon” I said.

We landed but, we had a dent on the nose of the ship.

“I’ll go fix it.” Percy said.

“Me to.” Annabeth said.

They went and started fixing. I tied myself up and started to bounce. I made lots of footprints. It was fun. Then Meg went of the ship without ting herself. I was making a hopscotch board when Meg started to scream. I couldn’t reach her so, I went into the ship quickly untied myself got a rope and tied myself balk up.

Then I went out and tossed Meg the rope yelling “cach the rope cach the rope!”

Meg caught it but then she let go.

“I’m floating away!” Meg criad.

“Cach it.” I said.

Then this time she caught it and tied it around her. I tied the rope to the spaceship.

Just then Percy and Annabeth said “ we’re done.”

Once we all went inside, I closed the door. Meg went to her room.

She came back later and said to me “Thank you” Meg said.

“Your welcome.” I said.

We were told we would land in space 3 years later.

3 years later we landed on earth. We had lots of different aventures. When we landed I started bouncing. Then I remembered that I couldn’t bounce. We got of the spasip and almost fell. We all ran not so really ran to are family.

“See you later.” I said.

“You to.” They answered.

THE END

Name: Cupid

5 4 3 2 1 Blast off

It was that early october 26th morning when lilah ,Kailee and I boarded the spacecraft knowing that we might not come back to earth. Knowing that we were taking risk of life and death. When we were buckled in and ready to go the speaker read 10 9 8 7 6 5 4 3 2 1 0 Blast off.And we felt like we were about to have a heart attack. We were flying to the moon and we were assigned to work on the ISS for repair.

We finally got to the moon. When we started to work we knew it would not be simple.On earth we discussed I was the leader lilah was our engineer and kailee was our food lady and our tools person .To keep us in good shape we had to workouts.One morning when I was eating breakfast I felt like I could not breath when I when,nt outside into space there were metal covers missing. Luckily we were prepared we had more metal covers so lilah ,Kailee and and me fixed it.

Finally we were heading home it was a long way home.We kept doing our jobs every day and night.We were headed for the ocean so we had to paricut when we saw no boat to paricut down to so we had to use are rescue boat. When we got home I felt ready to stay home.

That was amazing.I wonder if I'll ever go to space again.....

Name: Prancer

The famous astronaut Adventure

There once was astronaut named Whitney. Whitney has been training for hundreds of hours, to become astronaut. Some day, Whitney was going to be famous. She Knew it.

Whitney is learning about space. She is learning about stars and the Earth. She learned basic medical skills like first aid. She learned what it is like on the International space station (ISS). The ISS is a large spacecraft that orbits the Earth. Whitney is learning what it is like with no gravity, she knows with no gravity things float. She knows astronauts can lift heavy things easily in space. She also learned that in a week she was going into space. When it was time to go into space, she met the people she was going with 2 girls and 2 boys. Their names were Benjamin, Adam, Rachel, Megan. Whitney and the other astronauts got into the rocket ship, and the people say "5...4...3...2...1 BLAST OFF!" The rocket ship zoomed into the air. They were in space!! The Astronauts saw more stars than ever. The astronauts were in space for a week. The astronauts were feeling sick, because it takes several days to get used to being able to float. Then all of sudden something breaks and Adam goes to fix it, because he is good at fixing things on the rocket ship. Benjamin is the flying the rocket ship, he was a pilot on an airplane. Megan is the leader of the rocket ship, she was in charge of all the people on the rocket ship. Whitney learned mostly about science. Adam yelled "I need some help." Rachel went to help Adam, because she learned to fix things. The astronaut's face was puffy their neck gets bigger. Their blood flows differently in space. This means less goes to their legs. The astronaut's legs get skinny, it is called bird legs.

3 days later, the astronauts get to the moon. When they got to the moon they got out of the rocket ship. The astronaut's muscles did not have to work as hard on the rocket ship. The astronaut's heart does not have to work as hard to pump blood. Whitney, Benjamin, Rachel and Megan started to exercise with big rubber bands. The bands are attached to the walls of the rocket ship. This is hard" Adam says tiredly. "This helps our muscles stay strong" Megan said. "Let's go look around" Rachel said after an hour. "That's a good idea" Whitney said. "Come on" Adam said.

"Let's go" Benjamin said. The astronauts looked around the moon. The astronauts got rocks to bring back to Earth.

Megan, Rachel, Whitney, and Benjamin got back in the rocket ship. They were going back to Earth. When they got back to Earth, the astronauts went home. Whitney went back to school to learn how to fix the thing on the rocket ship. She is training to become a better astronaut, but she didn't know she was going to be famous.

Name: Dancer

Astronaut's

First, Once upon a time there lived 3 beautiful girls and they always wanted to go up to space and so their Dad had a spaceship in the backyard so Maril put on her pink suit and Gracie put her purple suit on and Alana put her brown suit on and we were all ready except we can not go in the spaceship because our parents were still here so they left and our dad said not to touch the spaceship so they left we got in the space ship. And Alana pushed the button to start it and we panicked and Maril said this always been our dream so we blasted off to space and then the trouble maker Gracie. And me and Maril say yep that's Gracie alright because Gracie is such a troublemaker like always.

Next, Gracie came out of space with no helmet on no suit on, and her legs were as skinny as bird legs and her neck was so puffy and then her blood was flowing inside of her brain and she took a few steps back and she fell so me and Marli went in the spaceship we got in are close on and we went so fast and all you hear is screaming and bbbbbbbbbb ooooooo mmmmmmm we stop on the yard and at a good time Gracie was falling from the sky and on to a tree she broke it cause she went fast. Gracie got much better. But it took 7 days until Gracie got better. So in all of our rooms we took pictures before Gracie fell and we hung them up. And we all said that was the best time of my life. Alana said it was funny when Gracie fell.

Last, Our parents came home at a bad time cause we broke the spaceship and then we had to hide so we would not get in trouble because our Dad been working on it for 2 months so he screamed and this time we had to make another one and this time we did one for us to ride every day when we come from school. But we still had to regret what happened that day when we broke the spaceship. And then we went to go get more stuff to get for our spaceship and then we have to decorate it. It was so much fun. And after our Dad had a surprise for us we were in our rooms and he took us to the backyard and our spaceships were all done they were decorated with all our favorite colors. And when we got older we had to go to the ISS to go practice to go to space and we did.

THE END

Name: Bert

“5” “4” “3” “2” “1” “BLASToff!”

“I’m very excited to go in space” exclaimed Even

“Don’t get too excited” Joe said calmly

“Why” asked Even “Oh wait it’s because that Even explained

your body changes and you need to exercise”

“Yes” Joe said. When they were in space

“Joe what if we crash on an alien’s planet” Even asked “then...RUN” Joe screamed.

“can you keep it down?!” Hannah said angrily “Yea” replied Emma “I hope I don’t get the condition bird legs” Even said nervously “Oh you won’t we are not going to be at the moon for long we are just resting on the moon and taking some small rocks and bringing them back” Joe explained.

“Also bird legs is not that bad” said Emma “Seriously do you even know what the condition bird legs is” “yes” Emma said annoyed “then what is it” Even said

Emma replied “bird legs is a condition when blood flows to your legs making them skinnier” “Not that I think about it it’s still bad but not as bad as other conditions” Even said. “We are crashing” the pilot yelled. Everyone “AHHHHHHH” when they crashed “Where are we” Emma whispered (and they do have their space suits on) “I don’t know” Even whispered back “AHHH” Hannah screamed “HANNAH” Even Emma and Joe screamed “OH NO We are on an alien’s planet” Even said loudly “Well be quiet we have to whisper” Emma whispered. “Now to save Hannah” after they saved Hannah now let’s go home” Even said “I finally fixed it” Even replied happy

When they got home Even’s mind I want to go there again.

Name: Ernie

THE AIR TANK BREAKS

The space ship was getting ready to take off.5,4,3,2,1.BLAST OFF!

We were getting ready to board the ship. It was alot bigger than I ectspectted.It was 200 meeters tall and 50 meeters wide.I got on then,Colt,Pyke,Royce,My Mom,My Dad.We were all on the spaceship.

10,9,8,7,6,5,4,3,2,1.BLAST OFF! We were heading for space. There would be no ocsogon unless we were in

The spaceship.We were in space I could see the moon

And the earth.

The spaceship was landing. It shutoffmmmmmmmm!