Physical instruments are with physical fitness [Astronomy](https://en.wikipedia.org/wiki/Astronomy) is the oldest of the [natural sciences](https://en.wikipedia.org/wiki/Natural_science). The earliest civilizations dating back to beyond 3000 BCE, such as the [Sumerians](https://en.wikipedia.org/wiki/Sumer), [ancient Egyptians](https://en.wikipedia.org/wiki/Ancient_Egypt), and the [Indus Valley Civilization](https://en.wikipedia.org/wiki/Indus_Valley_Civilization), all had a predictive knowledge and a basic understanding of the motions of the [Sun](https://en.wikipedia.org/wiki/Sun), [Moon](https://en.wikipedia.org/wiki/Moon), and [stars](https://en.wikipedia.org/wiki/Star). The stars and planets were often a target of worship, believed to represent their gods. While the explanations for these phenomena were often unscientific and lacking in evidence, these early observations laid the foundation for later astronomy.

According to [Asger Aaboe](https://en.wikipedia.org/wiki/Asger_Aaboe" \o "Asger Aaboe), the origins of [Western](https://en.wikipedia.org/wiki/Western_world) astronomy can be found in [Mesopotamia](https://en.wikipedia.org/wiki/Mesopotamia), and all Western efforts in the [exact sciences](https://en.wikipedia.org/wiki/Exact_science) are descended from late [Babylonian astronomy](https://en.wikipedia.org/wiki/Babylonian_astronomy). [Egyptian astronomers](https://en.wikipedia.org/wiki/Egyptian_astronomy) left monuments showing knowledge of the constellations and the motions of the celestial bodies, while [Greek poet](https://en.wikipedia.org/wiki/Ancient_Greek_poetry) [Homer](https://en.wikipedia.org/wiki/Homer) wrote of various celestial objects in his [Iliad](https://en.wikipedia.org/wiki/Iliad) and [Odyssey](https://en.wikipedia.org/wiki/Odyssey); later [Greek astronomers](https://en.wikipedia.org/wiki/Greek_astronomy) provided names, which are still used today, for most constellations visible from the [northern hemisphere](https://en.wikipedia.org/wiki/Northern_hemisphere)