

## Learning Intention: To develop agility skills

### Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, and skipping

### EQUIPMENT:

Cones with coins on the inside. (Teacher to draw on before lesson.)

Throw-down hands, feet, spots and strips.

Treasure map.

**Starter Activity**  
Read pages 10-13

Warm up: Aye Aye Captain

Children to find a space and listen to the teacher's instructions.

Aye Aye Captain: Stand tall, salute and call "Aye Aye Captain".

Scrub the deck: Crouch down low and pretend to scrub the deck.

Shark: Show a balance.

Sinking ship: Jog on the spot and pretend to row the boat as fast as possible.

Man overboard: Pretend to swim as fast as possible.

Climb the rigging: Pretend to climb a ladder.

Walk the plank - Imagine they are walking the plank.

Demonstrate co-ordination

Demonstrate balance

### Activity 1: Find the Coins

Demonstrate co-ordination

Negotiate Space

Teacher to mark the inside of 20 cones with a circle to represent a coin. Also add cones without any markings on.

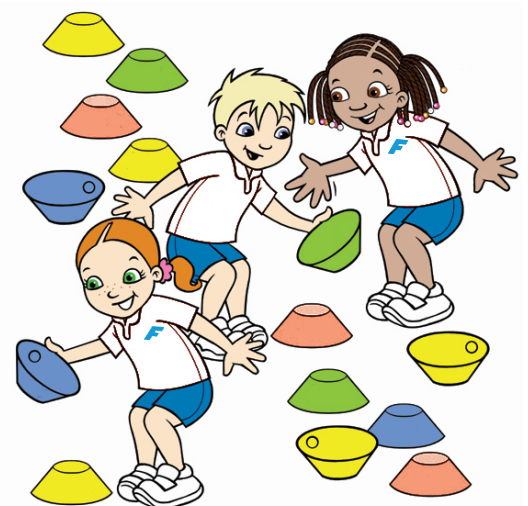
Mark out/use a large area.

Imagine cones are shells. Place them around the hall (facing down).

1. Children to move around and turn over shells (cones) to find the coins. They are only allowed to turn one shell (cone) over at a time. They must turn the shells back over again.
2. How many coins can they find in 20 seconds?
3. Repeat the above. Can they beat their score?

Safety: Children to keep moving around and not stay around one cone.

Remind children to look where they are going, especially when bending down to turn the shell (cone) over.



Book reference:  
Freddy and Bobby  
turning over the  
shells.

 Demonstrate balance

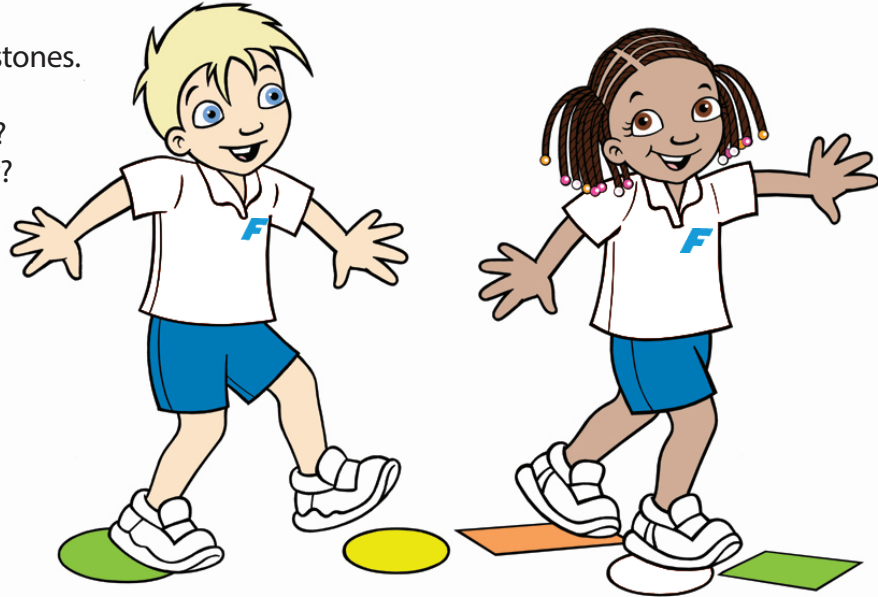
Activity 2: Slippery Stones

Lay out as many different stepping stones, e.g. hands, feet, spots, and throw-down strips on the floor. These lead onto an island made of cones in the middle of the room. (If outside you can draw the island with chalk.)

1. Children start behind the different stepping stones.
2. Can they find different ways to get there?
3. Can they find the quickest and longest route?
4. Can they use their hands and feet like Freddy?

**Book reference:**

Freddy, Bobby and the pirates getting across the stepping stones to the small island.



 Demonstrate co-ordination

Activity 3: Find the Treasure

Children pretend they are on a small island and need to try and find the treasure. Teacher to call out the following paces (please use map resource card).

- 10 Paces to the left (side step)
- 5 Paces forward (step forward)
- 2 Paces right (side step)
- 4 Paces backward (step backwards)
- NOW DIG - pretend to dig for treasure!

Note: Teacher can copy the map resource for children to play with after the lesson.



Cool Down: Children move around slowly and pretend to dig in slow motion.

Plenary: What did you like about today's adventure? How did you move when you were on the stepping stones?  
Maybe next week you will find some treasure!