

MULTI-SKILLS LESSON 7

Early Years

EQUIPMENT:

Cones, hoops, bean bags, spots, mats, hoops.

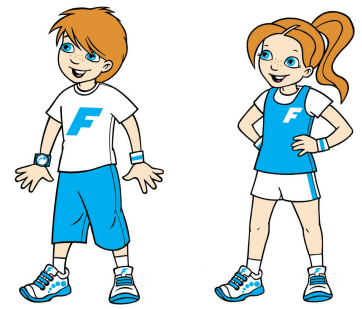
Learning Intention: To work together as a team

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



Warm up: Aye Aye Captain

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

Aye Aye Captain: Stand tall and 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.

Split class into six teams: Freddy's team, Fliss's team, Captain Hawkeye's team, Captain Red Beard's team, Bobby's Team, Pirate Pete's team.

✔ Demonstrate co-ordination

✔ Demonstrate balance

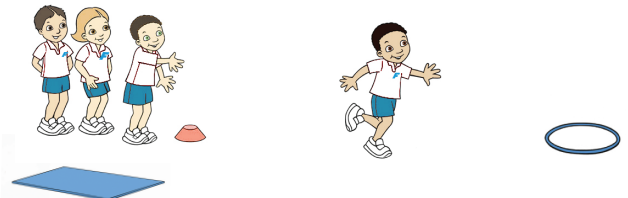
Children can get extra points for good pirate teamwork.

Race 1: Captain's Exercises

✔ Move energetically- Running

Each shuttle = 1 point

1. How many shuttles (there and back) can the team do in 1 minute? Teacher to time.
2. When teams are finished they are to sit down and call out "Finished Captain".



Race 2: Balancing Treasure

✔ Demonstrate balance

1st place = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1 point

1. Children to balance treasure (a bean bag) on their head to the hoop and back.
2. When teams are finished they are to sit down on their boat and call out "Finished Captain".

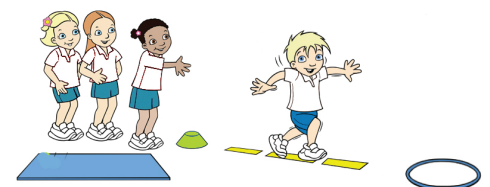


Race 3 : Walking the Plank Race

✔ Demonstrate balance

1st place = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1 point

1. Children to walk the plank, put hoop over their head, place hoop back on the floor, and walk the plank back. High five the next person to go.
2. When teams are finished they are to sit down on their boat and call out "Finished Captain".

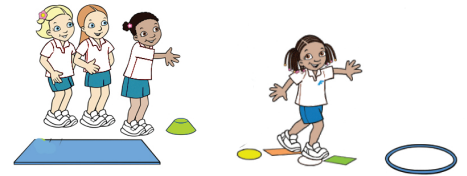


- ✓ Demonstrate co-ordination
- ✓ Demonstrate balance

Race 4: Slippery Stones

1st place = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1 point

1. Children cross the stepping stones to the hoop and back.
2. When teams are finished they are to sit down and call out "Finished Captain".



- ✓ Move energetically- Running
- ✓ Demonstrate co-ordination

Race 5: Shell Race

1st place = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1 point

1. Teacher to place four shells in a row (cones facing down).
2. First child in group turns over the shells: they then high five the next person and they turn the shells over (facing upwards).
3. Continue until everyone in the group has had their turn.
4. When teams are finished they are to sit down and call out "Finished Captain".

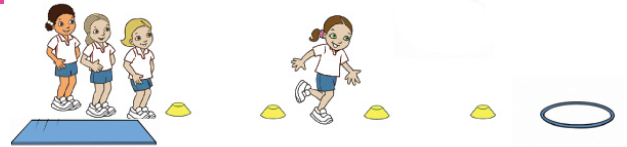


- ✓ Move energetically- Running
- ✓ Demonstrate co-ordination

Race 6: In and Out of the Shells

1st place = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1 point

1. Children to take it in turns to weave in and out of the shells (there and back).
2. When teams are finished they are to sit down and call out "Finished Captain".

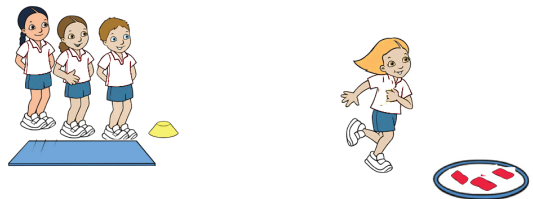


- ✓ Move energetically- Running
- ✓ Demonstrate co-ordination

Race 7: Collecting Treasure

1st place = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1 point

1. Children to take turns in collecting treasure from hoop - any equipment (e.g. x 20). Continue until all treasure has been collected.
2. When teams are finished they are to sit down on their boat and call out "Finished Captain".



- ✓ Move energetically- Running

Race 8: Captain's Final Race

1st place = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1 point

1. Children to run to the hoop and back.
2. When teams are finished they are to sit down in their boat and call out "Finished Captain".



Cool down: Pirates to do a slow swim around the hall.