

Resources:

Online video,
mats, cones.

Learning Intention: How can you keep your balance when moving?

Year 1:

I can perform the crab walk, keeping balanced (on the beach)

I can hop on one leg, then to the other, trying to keep my balance (on the stones)

I can jump from side to side, keeping my balance and my feet together

Warm Up: Video or teacher to lead

See video with Captain Haynes, **or** teacher to lead a pirate warm up below.



Teacher Warm up:

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: Squat down and pretend to scrub the deck.

Shark: Balance on one leg and hop to the other leg

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

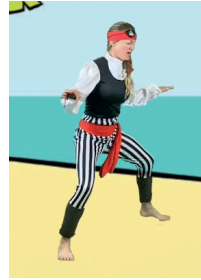
Man over board: Run on the spot- pretend to swim as fast as possible.

Climb the rigging: Pretend to climb a ladder- high knees

Main Activity 1- Pirate Adventure Fitness (follow the video or teacher to lead):

Breakdown of exercises shown during the video:

1) On the beach - crab walk for 40 seconds



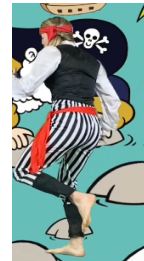
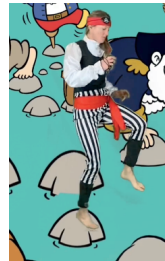
2) On plank - Balance on one leg, move the other leg out to the side



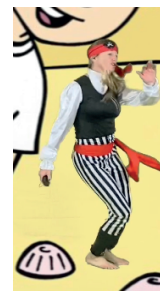
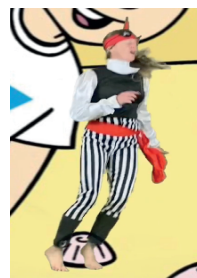
3) Inch worm - On all fours, walk hands out, then feet out, then turn. Keep balanced



4) Hop on one leg for 10 seconds, switch, then hop on the other leg for 10 seconds

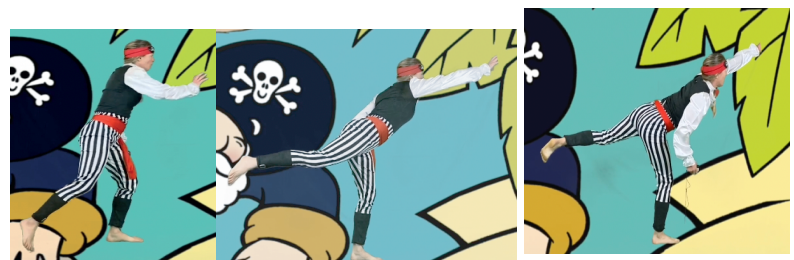


5) Speed bounce over the shells



6) Balance on one leg - reach forward (to grab the apple)

Swap legs.



Activity 2:

How do you keep your balance? Concentrate, maybe focus on something in front of you, keep your arms out to help you balance.

Children to take part in the action story (use actions from A1):

Sneak onto ship (inch worm- no.3) make sure the captain does not see you!

Oh no, the captain has seen you! Now walk the plank, try not to fall in (On plank balance on each leg - no.2)

You see some stepping stones, quick, hop along them to try and get to shore (hop on one leg and swap - No.4)

Wow- you come across the biggest crab you have ever seen!!!
(Crab walk - no.1)

You finally get to the beach, oh no, the sand is hot with lots of shells and you need to jump over them! (Speed bounce no.5)

After such a busy day you are so hungry, time to grab some food (reach for the apples/coconuts no.6)

Extension:

Can the children make up their own story using the fitness actions?

COOL DOWN

See video or jog on a spot slowly, then marching, then finish off by saluting the captain!

PLENARY

What was your favourite part of the lesson?

How did you try and keep balanced?

