

PIRATE FITNESS Year 1

LESSON 1

Learning Intention: How can you balance on different parts of your body?

Resources:

Online video,
mats, beanbags

- Year 1:
- I can balance on one leg (on the plank)
 - I can balance and hold the position on my tummy in an arch shape (when the shark is coming)
 - I can perform the bridge position using my hands and feet and hold it in a strong shape

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: Crouch down low and pretend to scrub the deck.

Shark: Balance on one leg

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

Man over board: Pretend to swim as fast as possible.

Climb the rigging: Pretend to climb a ladder

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

Breakdown of exercises shown during the video:

1) Jumping, two feet together - on rocks



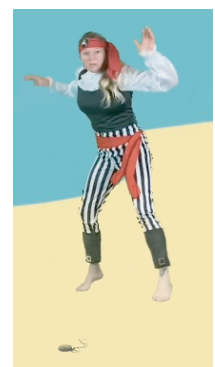
2) Press up on knees - drinking water



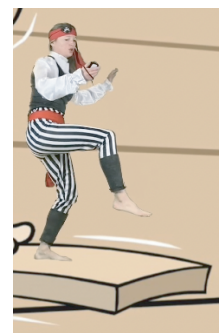
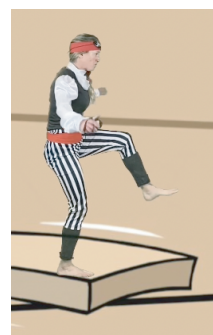
3) Arch - calling for 'help' from the shark



4) Jumping up, from laying down - imagine that the pirates are coming



5) Balance on one leg - (on the plank) changing legs



6) Holding the bridge position - on two rocks.
Make it easier: put your knees down on the floor



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

1) Can you show any balance you know?

2) How long can you stand on one leg for? Can you swap over and do the same on the other leg?

3) What other parts of your body can you balance on?

Challenge:

Can you stand on your left leg, bend down and pick up a bean bag, (a piece of treasure) without putting your right leg on the floor?

Swap over legs.

COOL DOWN

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

PLENARY

What parts of your body did you balance on when exercising?
What was your favourite part of the lesson?

