

# PIRATE FITNESS Year 1

# LESSON 4

*Learning Intention: How can you perform different exercises that make your heart beat faster?*

Resources:

Online video,  
mats

Year 1:

I can jog on the spot

I can perform star jumps at a steady pace for the whole 40 seconds

I can skip quickly for 40 seconds

Starter:

*Before you start the lesson - all children are to put their hands on their chest.  
Can they feel their heart beating?*

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

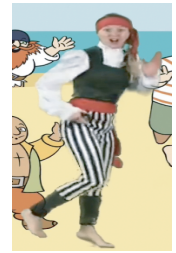
**Q&A: What happens to your body when you exercise?**

1. Heart beats faster - your heart is pumping the blood around your body, warming your muscles up, getting them ready for exercise.
2. Your body feels and becomes warmer!
3. Your breathing gets faster.

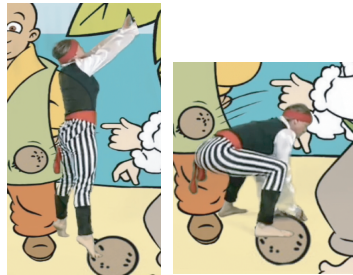
## Main Activity: Pirate Adventure Fitness (follow the video or teacher to lead):

1) Running on the spot for 40 seconds and running away from the pirates.

**Make it harder:** Run faster!



2) Reach up, grab the coconut, bend knees and place on the floor (like squats) - for 40 seconds.



3) Clean the deck - crawl around on the ship.  
Do not let your knees touch the floor for 40 seconds!



4) Star jumps for 40 seconds.

**Make it harder:** Jump faster!



5) Touch the shells with your nose, perform a press up on your knees.

**Make it harder?** Try a full press up!



6) Skipping next

**Make it harder:** Jump with 2 feet and go faster using double jumps.



## Activity 2:

### **Q&A: Why is the heart special?**

**The heart muscle is special because of what it does.  
The heart sends blood around your body**

**Also the more you exercise, the stronger it gets!**

- 1) What other pirate exercise can you do that makes your heart beat faster?
- 2) Find a partner. Can you show your partner this exercise?

### COOL DOWN

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

### PLENARY

What did you enjoy about the lesson today? Can you tell me one fact about the Heart that you have learnt in today's lesson?