

Resources:

Online video,  
mats

*Learning Intention: How can you co-ordinate different parts of your body to work at the same time?*

Year 1:

I can bend down and reach up with some control (saving Bobby)

I can jump forward and backwards with some control (on the rocks)

I can perform the cycle action on my back, with co-ordination (pushing the treasure in the hole)

## Warm Up:

*Before you start the lesson - all children are to put their hands on their chest.  
Can they feel their heart beating? Linking learning: recap from last lesson.*

## 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.

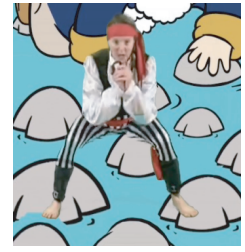
**Climb the rigging:** Pretend to climb a ladder

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

1) Criss cross arms and feet over the shells



2) Squats on the rocks - move backwards and forwards



3) Hop for 5 seconds on each leg on the plank



4) Squat thrusts - jumping in and out of the stepping stones



5) Cycling action on backs - pushing the treasure into the hole

**Make it harder:** Move faster!



6) Total body extensions - bending down to the floor and helping Bobby up the rope.



## Activity 2:

**When moving different parts of our body - we really have to concentrate!**

**When on your back pushing the treasure into the hole- what 2 body parts are working at the same time?** Legs, one bends one pushes!

1. Choose your favourite exercise, then teach this to your partner.
2. Can you try and go a bit faster?

### COOL DOWN

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

### PLENARY

What was your favourite exercise today? What body parts were working at the same time?