

Resources:

Online video,  
mats

*Learning Intention: How can you count your score and then try and challenge yourself to beat it?*

Year 1:

I can count my score during some of the exercises

I can count my score and write it down during most of the exercises

I can count my score during all the exercises and the next time try and beat my score

Starter:

*Q&A: What is it called when you are trying to beat your own score and compete against yourself?*

*Answer: A Personal Best (AKA. P.B.)*

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):

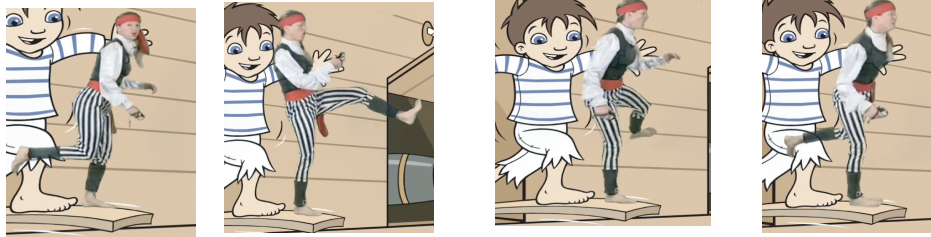
Breakdown of exercises shown during the video: Children to try and count how many they complete on each activity.

1) Jump over the shells with two feet (jump and turn)

**Make it harder: Bigger jumps!**



2) Balance on one leg - move the other leg forward, to the side and then behind

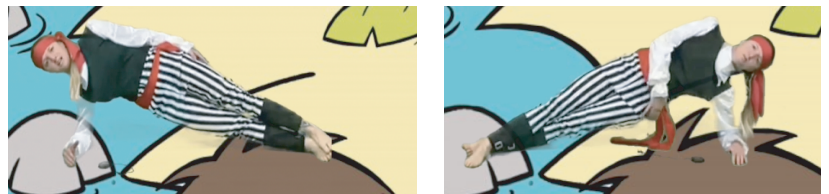


3) On backs - keep your bottoms off the floor (the sand is hot), then kneel the coconuts



4) Side plank - push your hips off the floor (to help make a bridge for your pirate friends) - and hold each side for 10 seconds (40 seconds in total)

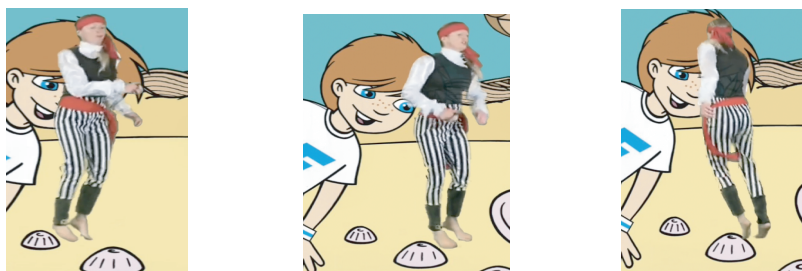
**Make it easier: Place top leg in front to help with balance!**



5) Jumping over the steppingstones - forward for 8 and back for 8 - keep on the balls of your feet



6) Jumping over shells and back again. Keep light on your toes, the sand is hot!



## Activity 2:

1. Teacher to give all children a cone (a shell) - They are to jump over the cone side ways (like speed bounce) **Demonstrate this to the children**

Time how many they can complete in 10 seconds. Children to count their own jumps

2. **Repeat again:** Can they beat their previous score?

If they beat their **score** it is called a PB - Personal Best

**Make it easier:** Jump over a throw down strip

### COOL DOWN

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

### PLENARY

How did you challenge yourself today? What was your favourite pirate exercise?