

Resources:

Online video,  
mats, cones.

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

Year 2:

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

I can reach forward, keeping balanced on one leg (reaching to get the apple)

I can jump from side to side with speed, keeping my balance (over the shells)

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.

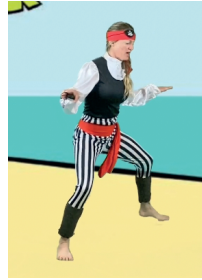
**Man over board:** Run on the spot- pretend to swim as fast as possible.

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

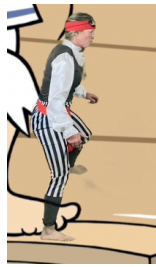
## Main Activity: Pirate Adventure Fitness (follow the video or teacher to lead):

Breakdown of exercises shown during the video:

1) On the beach - Crab walk for 40 seconds



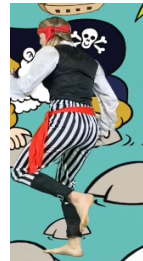
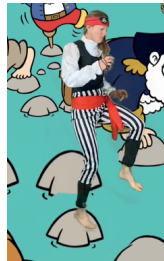
2) On plank - Balance on one leg, move the other leg out to the side



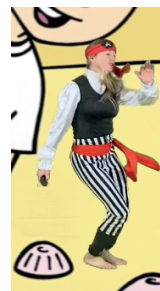
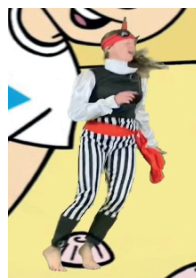
3) Inch worm - on all fours -  
Walk hands out, then feet out, then turn.  
Keep balanced



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

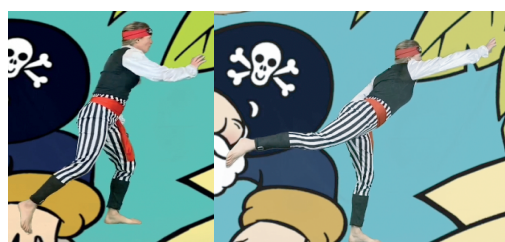


5) Speed bounce over the shells



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

Swap legs.



## Activity 2:

1) Can you jump over a cone? Imagine you are jumping over a shell- How quickly can you do this?

**How do you keep your balance when you are moving?** Keep your arms out, look forward, use your tummy muscles to keep you strong.

2) Can you make up your own pirate exercise, where you are balancing and moving?

3) Can you teach this to another group?

4) Can you encourage your friends to keep going?

### 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 when moving?

