

Resources:

Online video,  
mats

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

**I can count my score during some exercises and write it down**

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

**I can record my scores on each activity and beat most of my scores to get a personal best**

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.

**North :** Run forward

**South :** Run backwards

**East :** Side step to the right

**West:** Side step to the left.

**Canon ball :** Squat down quickly and get into press up position

**Land Ahoy:** Climb up the ladder look out of your telescope and call "land Ahoy!"

**Note: you can also add the other instructions from lesson 1-3 warm up.**

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

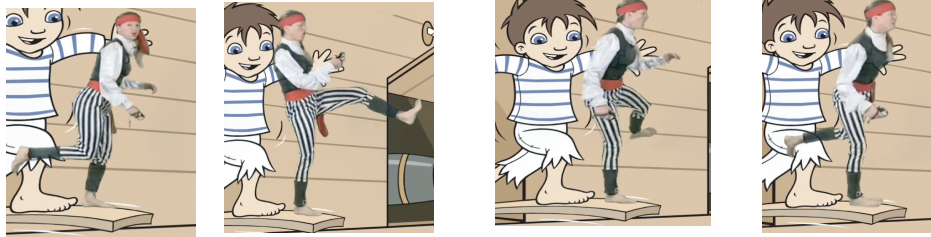
Breakdown of exercises shown during the video: Children to try and count how many they complete on each activity.

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 behind

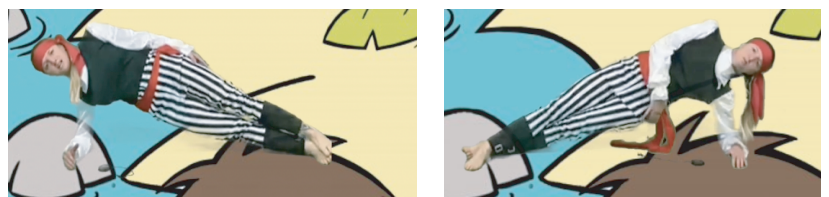


3) On backs - keep your bottoms off the floor (the sand is hot), then knee the coconuts



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)

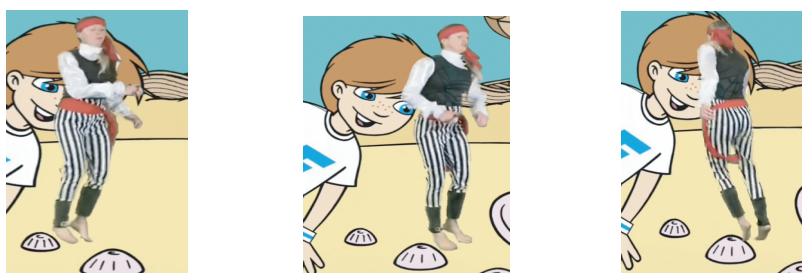
**Make it easier: Place top leg in front to help with balance!**



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. Make up your own exercise in which you can count and record the score, e.g. jump side to side for 20 seconds and count how many you complete.
2. Teach your partner this exercise
3. Now: Time them for 20 seconds using a stopwatch
4. Can they repeat it and try to beat their previous score?

Make it easier: Speed bounce over a cone (shell) for all children- they can time each other

### 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? What is a PB?