

Resources:

Online video,
mats

Learning Intention: How can you exercise for 40 seconds without stopping?

Year 2:

I can complete most of the exercises for 40 seconds

I can complete all the exercises for 40 seconds confidently

I can complete all exercises with enthusiasm for 40 seconds and make up my own pirate exercises

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):

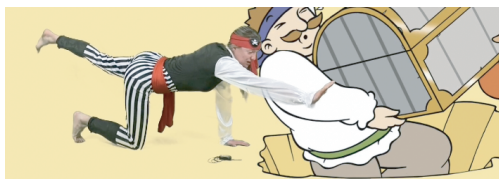
1) Star jumps for 40 seconds - jumping along with the pirates



2) 2-footed, big jumps for 40 seconds - jump as far as you can across the rocks, turn and then jump back again.



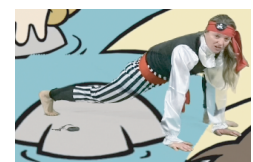
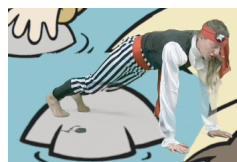
3) Superman exercises for 40 seconds - using your opposite arm and leg, pushing the treasure into the hiding spot



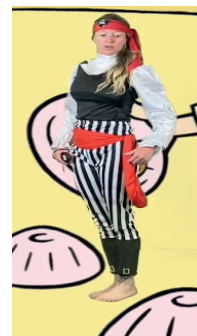
4) Marching for 40 seconds -
Celebrating finding the treasure
**Make it harder? Get those legs
moving quicker with fast, high knees!**



5) Press up position
bringing leg up
- 40 seconds



6) Lunges over
the shells



Activity: Extension

Yr 2 Extension:

1. Repeat the exercises (the main activity twice)
2. Can you make up your own pirate exercise, and make it last for 40 seconds?
3. Can you tell me which part of your body you are exercising?
4. Can you teach your '40 Second Pirate Exercise' to another group?
5. Children to control timing with the use of stopwatches.

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?

What is important when exercising?