

How can you change direction when moving?

Starter Activity
Read pages
10-13

EQUIPMENT:

Cones with diamonds on the outside and coins on the inside. (Teacher to **draw on** before lesson.)
Throw-down hands, feet, spots and strips. Print resource maps.

Yr 1

I can change direction and position of my body

I can change direction and position of my body quickly with some control

I can change direction and position of my body quickly with good control

Warm up: Aye, Aye Captain. (**Scatter 30+ throw down spots on the floor**)

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: Show a balance.

Sinking ship: Jog on the spot and pretend to row the boat as fast as possible.

Man overboard: Pretend to swim as fast as possible.

Climb the rigging: Pretend to climb a ladder.

Walk the plank: Children imagine they are walking the plank

X Marks the spot: Children to run around to each spot and tap with one foot, counting how many they can touch in 10 seconds. **Remember to push off your feet when changing direction from one spot to the other.**



After your warm up, place one hand on your chest and one hand on your head. What can you feel? You should be able to feel your heart beating faster, your breathing is faster and your body may start to feel warmer.

This is your body's way of telling you that you are ready for exercise- your heart has been pumping the blood around your body, getting your muscles warmed up ready for your activities. Do you feel happy and ready for your activity?

Activity 1: Diamonds and Coins

Book reference:
Freddy and Bobby
turning over the
shells.

1. Mark out/use a large area. You can draw diamonds and coins on the cones to give more of a focus.
2. Split the group into two teams: 'Diamond Pirates' and 'Coin Pirates'.
3. 'Diamonds' place their cones on the right way up and the 'Coins' place their cones upside down.
4. In one minute, the 'Coin Pirates' have to turn as many cones as possible upside down whilst the 'Diamond Pirates' have to turn as many cones as possible the right way up.
5. At the end of one minute, count which Pirate team has won – repeat again.

Rules: Try to make sure all the children keep moving around and do not stay around one or two cones. Remind the children to look where they are going.

Q & A – How do you move quickly to turn over the cones? What do you have to do? **Progress check.**

Note: If you do not have time to add/draw the diamonds and coins on you can play domes and dishes (domes downwards, dishes upwards)



Activity 2: Slippery Stones

Lay out as many different stepping stones, e.g. hands, feet, spots, and throw-down strips as you can, from one side of the room to the other (If outside you can draw the island with chalk.)

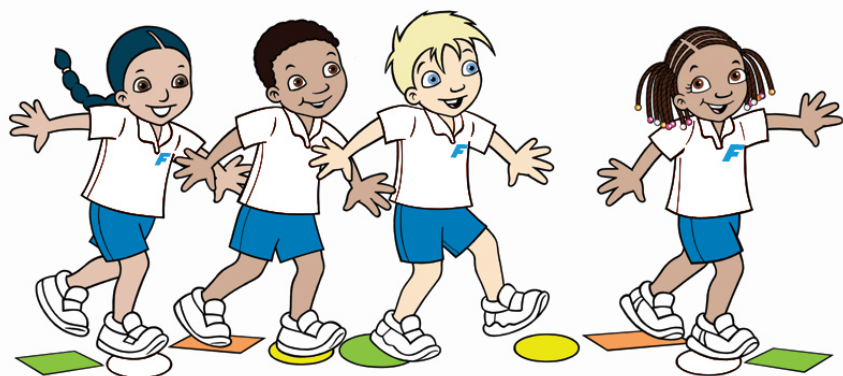
Set up: Children to be in teams of 4.

1. Children to make their way across the stepping stones in teams. Each child to take a turn at leading.
2. Can they use different body parts to get across?
3. Can they count how many steps it takes them?
4. How quickly can they do it?

Remember to change your body position when moving across the stepping stones.

Make it harder:

1. Time how quickly an individual in your team can get across the stepping stones.
2. Can they collect their treasure from the island and take it back with them?
NB: This could be the cones with diamonds and coins on it from activity 1.



Book reference:

Freddy, Bobby and the pirates are moving across the stepping stones to the small island.

Activity 3: Find the Treasure



Children pretend they are on a small island and need to try and find the treasure. Teacher to call out the following paces.

- 10 Paces to the left (side step).
- 5 Paces forward (step forward).
- 2 Paces right (side step).
- 4 Paces backward (step backwards).
- NOW DIG (pretend to dig for treasure!).

Make it harder:
Jump, hop or

Yr 2 Extension: Children to get into pairs. Give each pair a map (resource card). Can they have a go at reading and following the map to find the treasure? **Can they make up their own?**

Physical activity is important to keep our bodies and minds healthy but our bodies and minds need us to take time to rest and do calm activities as well.



When your body is calm (reading, doing a craft etc) what is your mind able to do?

What do you think the pirates do to rest?

Cool Down: Children pretend to dig in slow motion.

Plenary: What did you like about today's adventure?
What do you need to do to win the coins game? How did you change direction quickly? **Progress check**
Hopefully next week you will find some treasure!