

How can you change direction quickly when running?

Yr 1

I can change direction when running

I can change direction and the position of my body when running

At speed I can change direction and the position of my body quickly with control

EQUIPMENT:

Bibs (one between two), mixture of coloured hoops, bean bags, quoits.

Starter Activity
Read pages 20-23

Warm up: Treasure Hunt

Children find a space and listen to the teacher's instructions. Place 30 bean bags around the area.

Find the treasure: Jog around, changing direction, looking for treasure.

Stepping stones: Hop on one leg

Dig for the treasure: Pretend to dig.

Fill your pockets: Bend down and pick up treasure and put in imaginary pockets.

Pirates are coming: Crouch down small to hide.

Happy Pirates: Skip around in any direction

Catch the treasure: Pick up a bean bag. Throw and catch 3 times

Activity 1: Treasure Chase

1. In pairs, one has the bib in the back of their shorts/trousers (just like Freddy's treasure hanging from his pocket).
2. The other is the pirate who chases Freddy's treasure and grabs it!
3. Once they have got the treasure they become Freddy and put the bib in the back of their shorts/trousers.
4. Ensure all children get to have a go at being Freddy.

Extension: The whole class can play 'Who can get the most treasure?'

Safety: Ensure there is enough space for this activity and children look where they are going.

Book reference:

A pirate is trying to steal Freddy's treasure from his pocket.

Linking Learning: Remember to change direction, you need to push off your feet- you did this in the diamonds and coins game.



Activity 2: Get your Treasure!

Safety: Children to look where they are going when picking the treasure up!

Set out 4 different coloured hoops: These are the pirate ships.

Place lots of treasure (equipment) in the middle. (See picture below.)

Divide the class into the 4 pirate ships, (red, blue, yellow and green) then line the children up behind their ship (hoop).

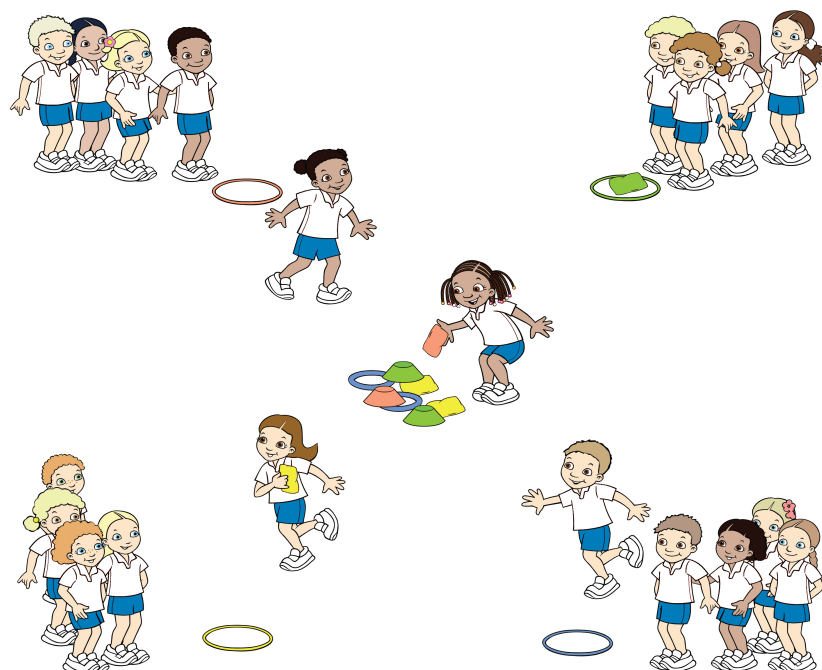
Stage 1: Children run, one at a time to the middle where the coloured treasure is, collect the matching colour treasure and bring it back to their pirate ship (hoop).

Stage 2: One at a time, they steal any of the other pirates' treasure, and then take it back to their ship (hoop).

Stage 3: Now everyone can go and get their pirate ship treasure back. (They must have the same colour treasure as their hoop.)

Stage 4: To pack the treasure onto one ship i.e. put the equipment away – one at a time children to put the treasure into the correct piles of equipment in the middle of the room.

Book reference:
The pirate chase with
Captain Hawk-eye and
Captain Red Beard.



Extension Activity (if time)

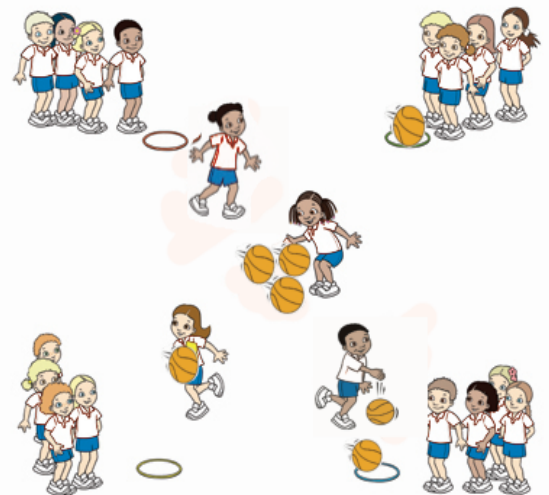
1. Set up the area as shown in the picture.
2. Split the class into 4 equal teams using bibs; each team stands at a corner of the ocean "square". They are now in their coloured pirate ship.
3. In the centre of the ocean lies the "Paradise Island" circle and a treasure chest filled with "treasure" balls.
4. When the teacher shouts "go" the first pirate from each ship runs to Paradise Island, collects a ball and dribbles it back to their ship by bouncing it using 1 or 2 hands.
5. Once this pirate is back in the ship the next pirate can go. Pirates keep going until there is no more treasure left on the island.
6. The pirates count their treasure, and the ship with the most treasure gets a point.
7. Give the pirates 10 seconds to return all the treasure to Paradise Island and repeat the game 4 times.

Progression: On the fifth game when all the treasure has gone from the island the teacher shouts "steal!" and the pirates can now go and steal treasure from the other ships for 2 minutes until the teacher shouts "stop".

The pirates must now return to their ships and count their treasure.

Make it harder: Encourage to use their less dominant hand.

Make it easier: Run holding the ball



Activity 3: Read the end of the story

Teacher to finish the lesson by reading the end of the story (pages 24 to 28).

Q & A – What can you see is happening to Freddy's trainers on pages 24 and 25?

Cool Down: Sleeping Pirates. Children lie down and pretend they are asleep. When teacher calls 'Flashing Trainers' children to start stretching and then wake up.

Plenary: Did they think Freddy's adventure was real?
What did you enjoy about Freddy Future's pirate adventure?