

EARLY YEARS LESSON PLAN: PIRATES



Physical adaptations

- When working with self-propelling wheelchair users, replace jumping with one big push to get from one cone to another.
- Teach children who are wheelchair users how to use backwards and forwards movements to position themselves for the over arm throws.
- Use wide planks to be more accessible.
- Offer supportive equipment (e.g. vaulting horse) that children can hold or push off on when they jump.
- Provide mats for pupils to work on in high kneeling or crawling if the need to.
- Set up the 'plank' alongside a wall so pupils can place one hand on the wall to help maintain their balance.
- Use soft balls that are easy to grasp.
- If children find letting-go difficult support throwing with a dog ball flinger.
- Provide a ramp for ball rolling through the cone gate.

Sensory processing adaptations

- Give children time to walk the layout of the room and time to process what they see.
- Give children time to step over and assess the height of the cones before jumping them.
- Encourage children to walk to the treasure and back to process the distance before throwing.
- Provide distinctive tennis balls, children may struggle to find their ball when working in a group.

Visual and hearing adaptations

- Use bright floor markers that contrast with the colour of the floor.
- Give a full verbal description of the layout of the room.
- Provide a running commentary of the children's positioning so they can orientate themselves.
- Offer hand-under-hand support, with consent, to teach movement patterns for pupils who may not access visual demonstration.
- Support calls with a visual prompt such as an A4 picture held up.

Cognition and learning adaptations

- Use more concrete terms for the actions and fixes, some children may find the abstract names confusing.
- Provide direct feedback on how to improve, children may find using trial and error difficult.

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EQUIPMENT

- Balls
- Spots
- Lines
- Traffic cones
- Beanbags
- Cones
- Hoops, buckets or baskets
- Rackets or hitting hands

WARM UP: PIRATE ADVENTURE

SET THE SCENE

"We are setting sail, and going on a pirate adventure."

HOW TO PLAY

- Place cones around the space as the sea. Place spots together as "pirate island."
- Children move around space with different actions. Demonstrate each action, starting with just three actions and build up if the children are ready.
 - Storm – fast run either on the spot or around the space (pulse raiser).
 - Shark – jump to cone island (responding to a cue).
 - Treasure – freeze and crouch low (stopping on command).
 - Floating – lie in superman pose (working the core).
 - Pirate bridge – get into a bridge position with back and hips lifted off the floor (working the core).

TEACHING POINTS

- Make the actions big and overacted.
- Eyes forward "Pirates look ahead!"
- Slow steps "Slow pirate steps."

BRAIN FOCUS ACTIVITIES



SKILL UP

- Place lines in between the cones (or use court lines) as "planks." The cones are "islands." "Now the pirates don't fall into the sea!" Children walk along the planks and every time they come to an island they jump over it. Try to encourage jumping from two feet to two feet.
- Children carry a ball while walking the planks.

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- Remove the cones and repeat the activity walking backwards.

BODY & BALL: TREASURE TOSS

SET THE SCENE

"Now we are going to toss our treasure."

HOW TO PLAY

- Each child starts on a spot with a collection of treasure (beanbags or balls).
- Place treasure chests (hoops / buckets / baskets) at different angles approximately 2 metres from the children.
- Children will throw the beanbags or balls underarm aiming to land in different treasure chests.

TEACHING POINTS

- Turn your body to the treasure chest you are aiming for.
- Swing the arm low to high.
- Increase / decrease the speed or size of the swing to land in the target.
- Point the palm at the target.

BRAIN FOCUS ACTIVITIES



SKILL UP

- Children use an overarm throw.
- Add greater angles to the treasure chests.

RACKET & BALL: CANNON BALL SHOT

SET THE SCENE

"Prepare your cannons."

HOW TO PLAY

- Children start with a traffic cone and racket each.
- Point to a direction for the children to aim – children should turn themselves to that direction. Call "ready, aim, swing" and children

TEACHING POINTS

- Position the cone to the front and to the side of the body.
- Gentle low to high arm swing.
- Point the palm and strings towards the target.

BRAIN FOCUS ACTIVITIES



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shadow swing the racket as if aiming for the direction called.

- Repeat several times.
- Children now have a ball each which is placed on the cone. When “ready, aim, swing” is called they now tap the ball off the cone towards the islands.



SKILL UP

- Children now drop the ball to then tap it.
- Add in actual targets to aim for.

GAME: SHIP TO SHIP ROLL

SET THE SCENE

“Canon ball fire.”

HOW TO PLAY

- Children work in pairs and stand approximately 1 metres apart, with two cones placed between them acting as a harbour to send the ball through.
- Each child has a racket and the pair have one cannon ball (ball) between them.
- Children use their rackets to roll their cannon ball through the harbour to their partner.
- Children can either stop the ball before rolling it or roll it straight back.
- Aim for 3 successful rolls through the harbour.

TEACHING POINTS

- Roll the ball in front and to the side of the body.
- Gentle low to high arm swing.
- Point the palm and strings towards the target.
- Watch the ball.
- Move to the ball.

BRAIN FOCUS ACTIVITIES



SKILL UP

- Now change the direction by children starting to the left and right of the harbour rather than centre. Repeat from both left and right of the harbour.
- Increase the distance between the pair.

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COOL DOWN

“Set the scene “We are going to enjoy the sea air.”

- Children sit in a circle and concentrate on their breathing:
 - “Inhale like smelling salty sea air.”
 - “Exhale like blowing pirate ship sails.”
- 3–5 slow breaths.