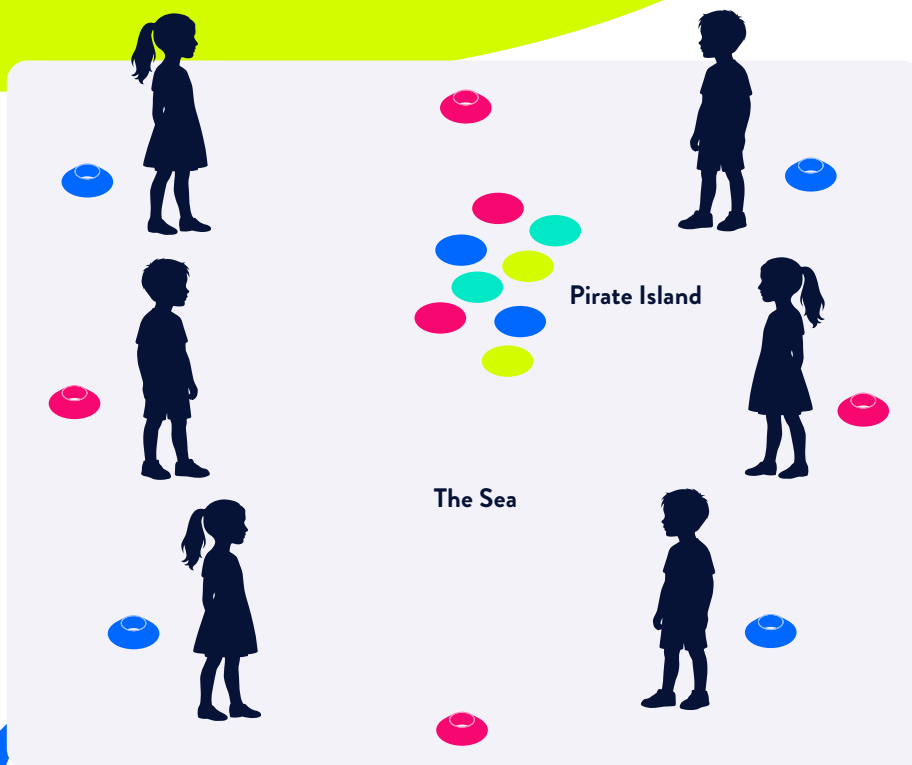


PIRATES WARM UP:

Pirate Adventure

Set the scene:

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



Brain focus
activities:



Equipment:

 Balls (one per child)

 Spots

 Cones

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 running 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.”

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.
- Remove the cones and repeat the activity walking backwards.



SEE IT IN ACTION