

|          | Lesson 1   | Lesson 2   | Lesson 3   | Lesson 4   | Lesson 5  | Lesson 6  |
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| Warm Up  | <p><b>Indoors: Pirates Jig</b><br/>Play the movie and encourage children to join in with the actions.<br/>Replay the short movie 2 - 3 times to really warm up your shipmates!</p> | <p><b>Indoors: Pirates Jig</b><br/>Repeat this warm up from lesson 1.<br/><b>Shipmates!</b><br/>Man the Lifeboats<br/>Scrub the Decks<br/>Captain's Coming<br/>Man Overboard</p>   | <p><b>Indoors: Pirates Jig</b><br/>Repeat this warm up from lesson 1.<br/>Play <b>Shipmates!</b> as in previous lesson with extra instructions.<br/>Walk the Plank - Hit the Deck<br/>Rats on board - Rowboats<br/>Sharks - Peg Leg Jim<br/>"Land Ahoy" Left/Right</p> | <p><b>Indoors: Pirates Warm Up</b><br/>Play the movie and encourage children to join in with the actions.<br/>Replay <b>Shipmates!</b> game<br/>Each time you play this game build on the number of instructions you give.</p>   | <p><b>Indoors: Pirates Warm Up</b><br/>Replay the short movie 2 - 3 times to really warm up your shipmates!<br/>Replay <b>Shipmates!</b> game<br/>Each time you play this game build on the number of instructions you give.</p>  | <p><b>Indoors: Pirates Warm Up</b><br/>Replay the short movie 2 - 3 times to really warm up your shipmates!</p>   |
| Activity | <p><b>Baseline Assessment</b><br/>See lesson page and Assessment Snapshot for details.</p>   | <p>Display the different types of moving slide and copy the movements.<br/>Play <b>Deck Agility</b> as in previous lesson with extra instructions.<br/>Jumping Jack Sparrow<br/>Dodge a rolling cannonball<br/>North south east west</p> | <p>Display and explain Moving Safely slide.<br/>Set out benches, mats, spots, hoops.<br/>Bench - move along the bench in different ways whilst staying on two feet.<br/>Hoop - Standing 2 feet with heels raised for 5 seconds &amp; Salute the captain.</p>           | <p>Display the different ways to move slide and work through the movements.<br/>Walk along a bench and jump off into the sea (land on a mat)<br/>On all fours, hands and feet like Downward dog, walk along the SAQ ladder.<br/>Crawl through the tunnel to a secret hideout.<br/>With a trestle table, attach a plank: children slither down the plank in small groups to hit the deck (mat).</p> | <p>Display and discuss Moving Safely slide.<br/>Hopping practice.<br/>Hopping together - In pairs.<br/>Play follow my leader.<br/>Hopping for distance - Repeat the 'jumping for distance' activity in lesson 4, this time hopping, using the two ropes to measure their longest hop, landing softly and quietly.</p> | <p>Repeat <b>Skip Ahoy</b> from previous lesson.<br/>Working from a starting cone to a turning cone, children take turns to travel from one cone around the other and back to their team, collecting some treasure (this could be any small PE equipment).<br/>Teacher shouts 'hop' or 'jump' or 'skip' to decide the movement to be carried out.</p> |
| Skill    | <p>Display the different types of moving slide and copy the movements.<br/>Zig Zag relay - Place cones in a zig zag pattern, zig zag on the way there and on the way back.</p>     | <p><b>Zig Zag Relay Progression</b><br/>Repeat the previous zig zag relay but hop on the way there and bunny jumps on the way back, then giant steps on the way there and high knees on the way back.</p>                                | <p><b>Snake on the deck</b><br/>Set up benches.<br/>Children lie on the bench on their stomach and pull themselves along the bench like a snake.<br/>Introduce a trestle table and attach a plank: children slither down the plank in small groups.</p>                | <p><b>Walk the Plank</b><br/>Walk forwards along the benches.<br/>Walk backwards along the benches.</p>  | <p>Skipping (without a rope)</p>  | <p><b>Assessment</b><br/>See lesson page and Assessment Snapshot for details.</p>   |

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| <p><b>Activity with Skill</b></p> | <p><b>Deck Agility</b><br/>Use coloured spots, children jog around the hall, changing direction every time they come to a coloured spot.<br/>- speed up (captain's coming)<br/>- slow down on tiptoes (don't wake the captain)<br/>- run using giant steps (leaping over holes in the deck),<br/>- hop (one-legged pirate)<br/>- skip on deck</p> | <p>'Captain says..'<br/>- take four giant steps<br/>- keep hopping<br/>- run and change direction every four paces<br/>- stand on one leg and shout aye, aye,<br/>- kneel on all fours and scrub the deck<br/>- jump up high to raise the pirate flag<br/>- dance at the captain's party!</p> | <p><b>Treasure hunt</b><br/>Children in teams of 3.<br/>Children go one at a time from each team to collect a piece of treasure (gallop or side step).<br/>Team mates balance it on their bodies.</p> | <p><b>Jumping</b><br/>Practise jumping to improve distance.<br/>In pairs, make one of their skipping ropes the start line for their jump and use the other rope to place where they landed. Keep practising and improving their jump.</p> | <p><b>Skip Ahoy.</b><br/>Working from a starting cone to a turning cone, children take turns to travel from one cone around the other and back to their team, collecting some treasure (this could be any small PE equipment).<br/>Teacher shouts 'hop' or 'jump' or 'skip' to decide the movement to be carried out.</p> | <p>Practise Skipping (without a rope)</p>   |
| <p><b>Review / Assess</b></p>     | <p><b>Slides</b><br/>Use the questions on the slides to help the children to review their movements</p>   | <p><b>Slides</b><br/>Use the questions on the slides to help the children to review their movements</p>   | <p><b>Slides</b><br/>Use the questions on the slides to help the children to review their movements</p>   | <p><b>Slides</b><br/>Use the questions on the slides to help the children to review their movements</p>   | <p><b>Slides</b><br/>Use the questions on the slides to help the children to review their movements</p>   | <p><b>Slides</b><br/>Use the questions on the slides to help the children to review their movements</p> |