

# Individual Activity Lesson Plan

<b>Date:</b> Tuesday 5th May 2020	
<b>Activity Title:</b> Pirate Bootcamp	
<b>Learning Intention:</b> To move freely and with pleasure and confidence in a range of ways.	<b>Activity Overview:</b> Your child will engage in a fun exercise activity with a Pirate theme.
<b>Links to EYFS:</b> Moves freely and with pleasure and confidence in a range of ways (Physical Development).	
<b>Resources:</b> <ul style="list-style-type: none"> <li>A set of instructions (see attachment)</li> <li>Ceebies: Boogie Beebies - Pirate (<a href="https://www.youtube.com/watch?v=8Q0diKmWtUE">https://www.youtube.com/watch?v=8Q0diKmWtUE</a>)</li> <li>Jenny Mosely's Golden Rules</li> </ul>	<b>Key vocabulary:</b> Stretch jump, hop twist bend jog climb, balance. Golden rules, body, change.
<b>ACTIVITY IMPLEMENTATION (including key questions)</b>	
	<p><b>Introduction:</b></p> <ul style="list-style-type: none"> <li>Tell your child that s/he has been invited to join a Pirate Ship.</li> <li>First, s/he must demonstrate one of the six Golden Rules.</li> <li>The Golden rule is: <b>You Listen Well!</b></li> </ul> <p><b>Main Activity:</b></p> <ul style="list-style-type: none"> <li>Explain to your child that s/he will be given a set of instructions.</li> <li>There will be a different movement for each one.</li> <li>Model some of the movements (it's a fun way to exercise together).</li> <li>Now give your child an instruction.</li> <li>Encourage him/her to use his/her thinking skills.</li> </ul> <p><b>Activity review:</b></p> <ul style="list-style-type: none"> <li>What did you enjoy about this activity?</li> <li>Which movements did you find difficult?</li> <li>Which movements did you find easy?</li> <li>Which movements made you laugh?</li> <li>Do you think you are ready to be a Pirate?</li> </ul> <p><b>Challenge:</b></p> <ul style="list-style-type: none"> <li>Can you remember any of the other Golden Rules?</li> <li>What are they?</li> <li>Can you remember any of the characters from the Golden Rules books?</li> </ul>
<b>Additional ways to support your child:</b> <ul style="list-style-type: none"> <li>Model unfamiliar movements/actions after you have called them out.</li> </ul>	<b>Extension:</b> <ul style="list-style-type: none"> <li>How does your body feel after this exercise?</li> <li>Do you notice any changes?</li> </ul>

