

Individual Activity Lesson Plan

Date: Tuesday 28th July 2020

Activity Title: Pirate Bootcamp

Learning Intention: To move freely and with pleasure and confidence in a range of ways.

Links to EYFS: Moves freely and with pleasure and confidence in a range of ways (Physical Development).

Resources:

- A set of instructions (see attachment)
- Ceebies: Boogie Beebies - Pirate (<https://www.youtube.com/watch?v=8Q0diKmWtUE>)
- Jenny Mosely's Golden Rules

Activity Overview: engage in a fun exercise activity with a Pirate theme.

Key vocabulary: Stretch jump, hop twist bend jog climb, balance. Golden rules, body, change.

ACTIVITY IMPLEMENTATION (including key questions)



Introduction:

- Tell your child that s/he has been invited to join a Pirate Ship.
- First, s/he must demonstrate one of the six Golden Rules.
- The Golden rule is: **You Listen Well!**

Main Activity:

- Explain to your child that s/he will be given a set of instructions.
- There will be a different movement for each one.
- Model some of the movements (it's a fun way to exercise together).
- Now give your child an instruction.
- Encourage your child to use his/her thinking skills.
- **Ask your child: what do you think that means?**

Activity review:

- What did you enjoy

about this activity?

- Which movements did you find difficult?
- Which movements did you find easy?
- Which movements made you laugh?
- Do you think you are ready to be a Pirates?

Challenge

- Can you remember any of the other Golden Rules?
- What are they?
- Can you remember any of the characters from the books?

Additional ways to support your child:

- Model unfamiliar movements/action after you have read them.

Extension:

- How does your body feel after this exercise?
- Do you notice any changes?

