

Jake's First Day Pirate PE Teaching Ideas



Introduction

Use these ideas for warm-ups or main activities to link your PE lessons to a pirates theme. These ideas would work well alongside teaching linked to the Twinkl Originals story 'Jake's First Day'. The story features a young boy who is worried about starting school before he ends up on a pirate adventure with his new class.

You will need:

- [Jake's First Day eBook](#) or [Story PowerPoint](#)
- [Jake's First Day: Desert Island Pirate Treasure Map](#)
- Hall
- Gym mats
- Cones
- Disc cones (in different colours)
- Beanbags (in different colours)
- Hoops (in different colours)

Activity Ideas

Pirate Ship

- Use different commands to instruct children how to move around the 'pirate ship' (the hall).
- Add your own commands and encourage children to make their own suggestions.

Example Commands:



Port	Run to the left of the hall.
Starboard	Run to the right of the hall.
Bow	Run to the front of the hall.
Stern	Run to the back of the hall.
Man the lifeboats + a number	Get into groups of that number and row the lifeboat.
Scrub the decks	Get down on all fours and pretend to scrub.
Climb the rigging	Pretend to climb a rope ladder.
Walk the plank	Walk in a straight line with one foot in front of the other and arms out to the sides (on the ground or along benches).
Rats on board	Sit on the floor with feet raised off the ground.
Stormy seas	Move around, swaying and wobbling.
Land ahoy + a direction	Walk in that direction, looking intently.
Main deck	Form a line in front of the captain, as quickly as possible.

Avoid the Crocodiles

- Set up some mats on the floor as 'islands'.
- Ask children to move around the 'sea' between the 'islands', giving them commands to move in different ways, e.g. walking, tiptoeing, jogging, hopping.
- When you shout 'Crocodiles!' children must find an island to stand on safely.
- Increase the challenge by slowly reducing the number of mats available.



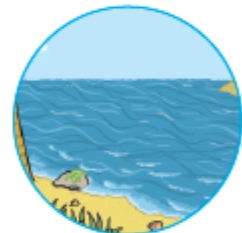
Cross the Lagoon

- Set up your hall with two ends as 'land' and the main section in the middle as 'water'. You could use cones to mark off where the 'land' finishes.
- Choose at least one person to act as a crocodile (or shark). The rest of the class are pirates.
- On your command, the pirates try to cross the lagoon without getting caught by the crocodile.
- Anyone who is caught joins the crocodile team and then tries to catch the other pirates until there are no pirates left.
- Increase the challenge by asking children to move across the lagoon in more interesting ways, e.g. hopping, crawling or sidestepping.



Cross the Lagoon By...

- Set up your hall with two ends as 'land' and the main section in the middle as 'water'. You could use cones to mark off where the 'land' finishes.
- Ask the children to cross the lagoon by moving in different ways, e.g. walking, jogging or moving like a robot.
- You could give different groups of children different instructions, e.g. walk backwards if you are in yellow house; tiptoe if you are in green house.



Collect the Treasure

- Split the class into four teams.
- Give each team a hoop (ideally in four different colours). This is their treasure chest.
- Spread out lots of beanbags or disc cones as 'treasure' in the centre of the hall (at least 50).
- Children then run in relay in their teams to collect one piece of 'treasure' at a time to put in their hoop (treasure chest).
- You could ask each team to only collect treasure in the colour that matches their hoop. (Make sure you put out the same number of items for each colour.) Then, the first team to collect all their treasure is the winner.
- Alternatively, have the children collect any colour of treasure until it is all gone and then count who collected most.



Row to Safety

- Start with two teams or 'pirates' at one end of the hall.
- Each team should have two mats to act as their 'boats'.
- The 'pirates' all need to get from one end of the hall to the other, avoiding the floor, which is 'the sea'.
- They need to use their 'boats' to get their whole team safely across, e.g. by jumping from one mat to the next, passing the previous mat forwards, and so on.
- Try adding equipment to act as obstacles, such as 'shipwrecks', 'sharks' or 'crocodiles'.



Desert Island Obstacle Course

- Set up an obstacle course that represents features you might find on a desert island, e.g. use an A-frame to represent a mountain or set up cones that children have to weave through like palm trees.
- Ask children to travel safely over and around the obstacles.
- You could set up an obstacle course that links to the [Pirate Map](#) from the story.



Curriculum Links

KS1 Physical Education

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.

