

Happy MOVERS

Any movement is good movement!

CAPTAIN'S COMING

Task: In this activity, students engage in a range of body actions, levels and movement qualities.

Instructions:

- The teacher tells students that they are going to become a sailing team on a ship.
- The teacher will be the captain of the ship and the students need to learn some sailing skills and obey the captain's commands (below). The teacher can demonstrate while calling out the command.
- Start with familiarising students with the commands below by asking students to practice each of the actions 5 times (or as many as appropriate) before beginning the game.

Port: Students jump and turn to face the left side of the room.

Starboard: Students jump and turn to face the right side of the room.

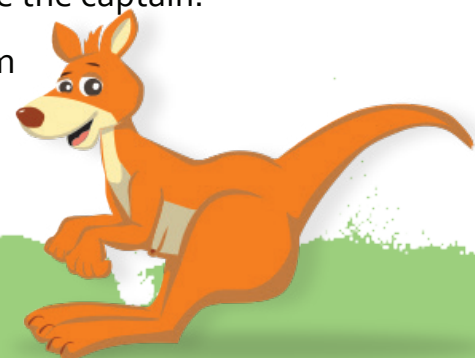
Scrub the deck: Students get down onto their knees and do a scrubbing action on the floor.

Rough sea: Students jump and sway as if their boat is going over big choppy waves.

Walk the plank: Students take 5 steps forward, walking heel to toe.

Captain's coming: Students stand tall and straight, and salute the captain.

- Once students learn all the commands, the teacher calls them randomly. Students need to perform the actions accurately, as soon as they are called.



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EASIER VARIATIONS

- Choose 3 commands and give the students time to learn them accurately.
- Demonstrate the movements and perform them with the students as a reminder when you call the commands.
- 'Port' and 'Starboard' commands can be steps to the left and right instead of jumps.

HARDER VARIATIONS

- Students make their own commands.
- Call commands in quick succession. Make sure students are doing the actions clearly and accurately.
- Add to 'Port' and 'Starboard': Ask students to take 5 steps in the direction they jump.

REMEMBER:

- Monitor the teaching style, the rules of the activities and the environment to ensure they are appropriate for your class.
- It may be helpful for the teacher to demonstrate and join in the activities with the class.
- Modify the activities on an individual basis for students- allow children to move in their own way.
- Some possible variations are suggested above.

