

Weeks Theme	<i>Pirates – Feel free to dress up like pirates!</i>		
Warm Up activity	<p>Captain on board – Either play the clip or shout commands for your pirate crew to follow: Scrub the decks – Kneel down like you are scrubbing the floor Row to shore – Sit down and row with your hands Captains coming – Stand up and shout ‘eye eye captain’ whilst saluting Climb the rigging – run on spot and climb with your arms Nap time – Lie down with body and legs raised like to are in a hammock Search for land – Stand and look out to sea and shout ‘Land a hoy!’ Stir the stew – Stand and use your arms to stir a big pot of stew</p>		
	Session1	Session 2	Session 3
	L – Wobbly Boat – Get your child to rock from one foot to the other. Try calm, rough and stormy seas (Easy, medium, hard)	L – Climb the rigging – As with the warm up – can you do arms and legs running u the rigging to reach the crow’s nest? Maybe calling directions out ‘up’, ‘down’ for them to follow	L – Pirate Dance – Pirates love to dance! Can you make up your own pirate dance? We would love to see them!
	B – Walk the Plank – Create different sized planks to get your child to balance along (Broom handle, edge of garden path, skipping rope, folded up towel/sheet, hoover cord) Don’t forget to hold your nose when you jump into the water.	B – Tight Rope – Sometimes pirates have to cross from boat to boat! Can you cross the sea? Layout a rope/towel/sheet, appliance cord as a ‘rope’ can they balance on end to the other?	B – One leg pirates – Some pirates have lost a leg! Can you balance on one leg? How long can you do it for? Can you balance a parrot (Any teddy) on your shoulder?
	OC – Catching Cannon balls – Pirates need to be able to catch cannonballs! – With different sized objects (Teddies, scrunched up paper, balloons, different sized balls) Can you catch the cannon balls? Can you throw them in the air and catch them?	OC – Load the cannon – Ships are small places! Can you sit on your bottom and take a pile of treasure (Teddies/soft objects) and move them to the boat? Can you do it standing up? Can you do it sitting down using your feet?	OC – Pirate Sword School – roll up a piece of newspaper of paper – can you lunge forwards and backwards with your sword. Can you have a target on the wall to ‘stab’ with your sword? Can you do it 1 legged?
Whole Family Linked game idea			
Pirate Statue Loader – Using different objects from around the house (Non-breakable!) How many can you balance onto your pirate? Can your pirate do this stood on one leg? What objects are best? Who is the best pirate Statue in the house? Can you challenge other friends via social media/video chat?			
Other activities that could be linked to the theme			
Arts/Crafts	Can you draw/paint your own pirate/pirate ship or design your own parrot (Lots of downloadable colouring sheets for this if needed.)		
Phonics/writing	Can you write a story about a pirate? Or can you write and sound out Pirate		
Reading	Can you find a story online or at home about a pirate and read it together?		
Visual	There are lots of pirate films for children including Peter Pan and also cartoon series you may be able to find		
Other	Can you make a pirate map of your house and take it in turns to hide ‘treasure’ for others to find using the map?		

- L** = Locomotion – These activities encourage your child’s functional movement – Walk, Jog, Hop , Skip, Jump
B = Balance - These activities help develop your child’s balance and core stability
OC = Object Control - These activities help your child to use and control objects i.e. Balls, Paper, pens etc.