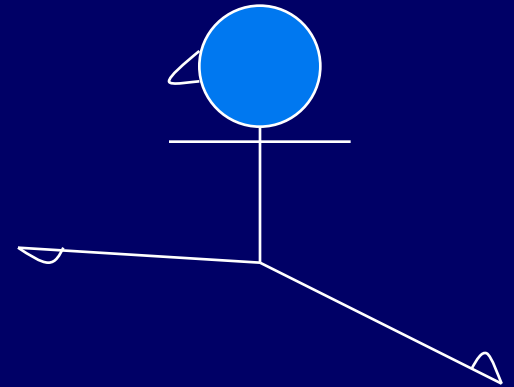
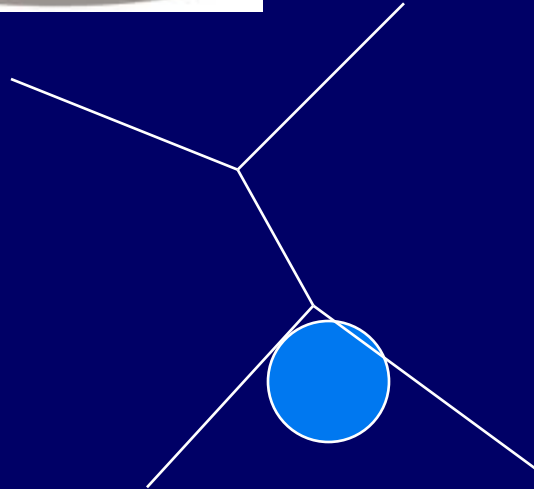
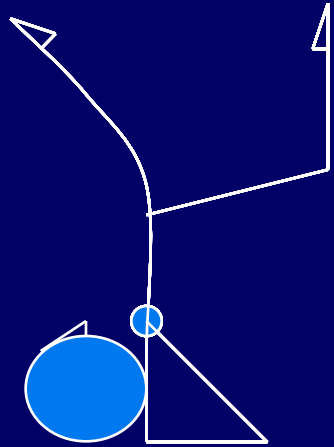
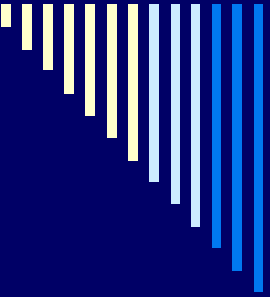


GYM PIRATES





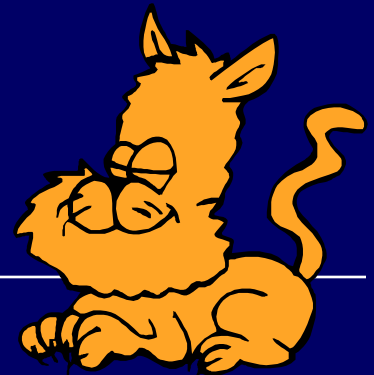


Have you brought your PET to Gym?

 Pointed toes and fingers

 Extended limbs

 Tension – Tight muscles





MUTINY

- 🚶 Move around the hall taking your PET for a walk
 - 🚶 Change your directions – forwards, backwards and side ways
 - 🚶 Type of movement can either be selected by the teacher or the children.
 - 🚶 Running, jumping, skipping, hopping, hop scotch, galloping, sliding etc
-



CAPTAIN'S COMING

- 🚢 Stand to attention where ever you are in the hall (space)
 - 🚢 have you got your PET?
 - 🚢 You could push up on to tip toes to make it more difficult.
-

SCRUB THE DECK

- 🚢 Crouch down to the floor
- 🚢 Hold a tucked position
- 🚢 Big toes touching
- 🚢 Knees together
- 🚢 Remove supporting hand to increase difficulty



CLIMB THE RIGGING

- High knees
- Point your toes to the floor
- Reach high with your arms
- when you can, get your knees high



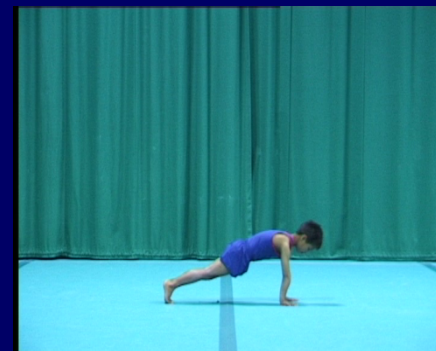
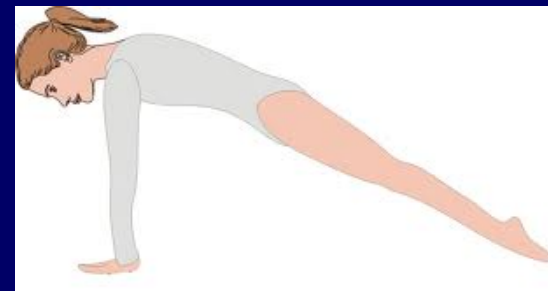


WALK THE PLANK

Front or Back support

Front Support

- 🏠 Get on hands and knees
- 🏠 Fingers forwards
- 🏠 Shoulders over hands and wrists
- 🏠 Round shoulders off
- 🏠 Keep hands and shoulders still
- 🏠 Slide one front at a time back
- 🏠 Tops of toes touching mat

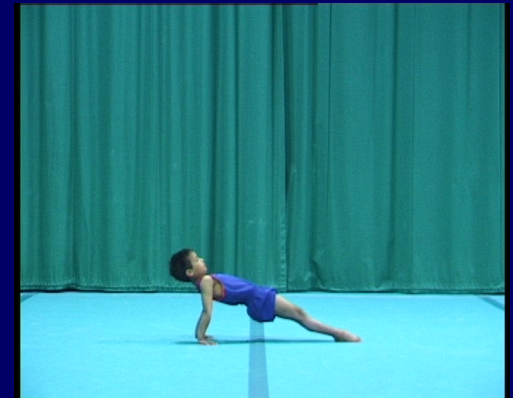
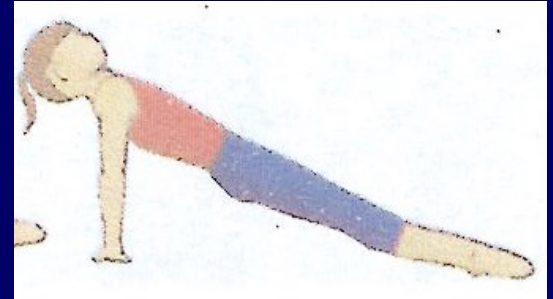




WALK THE PLANK

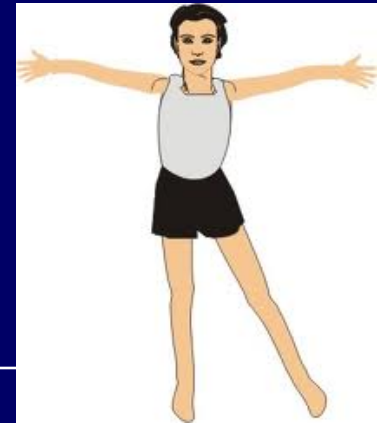
Back Support

- 🏠 Sit up with legs piked
- 🏠 Hands shoulder width apart
- 🏠 Fingers towards toes
- 🏠 Fingers in line with bottom
- 🏠 Push hips up
- 🏠 Tip head back



CROW'S NEST

- 🏠 Hold a balance on one foot
- 🏠 Change height and position of the foot and leg off the floor depending on levels of balance.



MAN THE LIFE BOATS

- 🚤 Sit in pairs
- 🚤 Feet flat on the floor, knees bent
- 🚤 Hold forearms
- 🚤 Keep chin on chest
- 🚤 move forwards and backwards (sit up type action)





MAN OVERBOARD

- 🚢 Two to two foot jump up high – stretched jump
 - 🚢 Hold the landing
 - 🚢 Sink down smoothly and lie on back
 - 🚢 Chin on chest
 - 🚢 Support upper body with elbows
 - 🚢 Keep legs extended (PET)
 - 🚢 Kick from the hip not the knee
 - 🚢 don't let legs get too high off the floor.
-

COMPASS POINTS

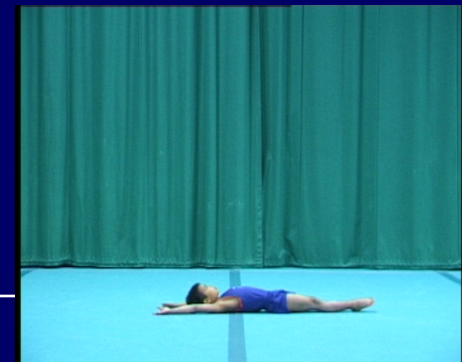


- 🏠 Get into a straddle/star shape
- 🏠 Could be on bottom, feet, back or stomach
- 🏠 Could be a balance or movement
- 🏠 Teddy roll, cartwheel, jumping jaxs etc



TORPEDOES

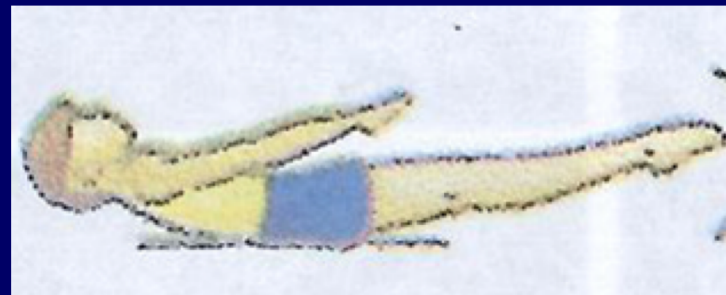
- Hold a thin pencil shape on stomach
- Arms and hands extended away from the body
- Older children develop into arch shape taking arms and legs off the ground





CAPSIZING

- Follow after torpedo
- Switch from arch to dish shape





SUBMARINES



- 🛶 lie on their backs with both legs raised, can push up to full shoulder stand when capable.
- 🛶 aim to keep legs straight
- 🛶 with soles of feet towards the ceiling or pointed toes depending of your focus

ROLL OUT THE BARRELS

- Get into a tuck position on your knees
- Use your hands to make hats for your knees
- Roll along the mat





PORT, STARBOARD, BOW, STERN

- 🚢 PORT - move to left side of hall
 - 🚢 STARBOARD - move to right side of hall
 - 🚢 BOW - move to front of hall
 - 🚢 STERN - move to back of hall
 - 🚢 Could choose a certain way of travelling for each one or can be child's choice.
-