




Gross motor activities for pirate groups			
 Activity	What to do	Materials needed	Skills targeted
<p><i>Parachute games</i> e.g. <i>Waves in sea</i></p> <p><i>Pirate cave</i> <i>Whales and fish</i></p>	<p><i>Spread parachute</i> on floor</p> <p><i>Get children to stand around outside</i> and hold parachute in both hands <i>Gather parachute in hands</i> by 'creeping' fingers to bring material into palm</p> <p><i>Lift and lower parachute</i> Place ball(s) in middle and <i>make 'waves'</i> to pass ball(s) around circle <i>Change positions</i> by running under parachute when names called</p> <p><i>Push ball out</i> from middle</p> <p><i>Chasing child</i> moving under parachute whilst another child on top of parachute tries to 'catch' him</p>	<p>Parachute</p> <p>Selection of balls of different sizes</p>	<p>Core stability—shoulder and pelvic girdle</p> <p>Finger strengthening and dexterity</p> <p>Body and spatial awareness</p> <p>Auditory processing</p>
<p>'<i>Captain Says</i>' based on Simon Says game</p>	<p><i>Play 'Captain Says'</i> using the hook on the hand to practise left/right discrimination</p>	<p>Hook made in fine motor activity session</p>	<p>Left/right discrimination</p> <p>Auditory processing</p> <p>Postural stability</p> <p>Balance</p> <p>Body and spatial awareness</p>
<p><i>Captain's coming</i></p>	<p>Action game following commands</p> <p><i>Captain's coming</i>—salute</p> <p><i>Man overboard</i>—lie on back</p> <p><i>Hoist the sail</i>—hands in air pulling down halyard</p> <p><i>Scrub the decks</i>—mime action of sweeping</p>	<p>Adult to give commands</p>	<p>Auditory processing</p> <p>Postural stability</p> <p>Body and spatial awareness</p>
<p><i>Exploring pirate ship</i></p>	<p><i>Rolling</i> along mat</p> <p><i>Commando crawling</i> on 'all fours' keeping bottom low</p> <p><i>Bottom walking</i>—forwards/backwards</p> <p><i>Walking in high kneeling</i></p> <p><i>Stepping/jumping</i> over rods from Gymkit</p>	<p>Gymkit</p> <p>Mats</p>	<p>Prone extension</p> <p>Shoulder stability</p> <p>Pelvic stability</p> <p>Balance</p> <p>Body awareness</p> <p>Spatial awareness</p> <p>Rhythm and sequencing</p> <p>Right/left discrimination</p>
<p><i>Walking the plank</i></p>	<p><i>Practise balance activities</i> using the bench, beam and wobble board</p>	<p>'Off ground' PE equipment, e.g. bench, box, trampoline</p>	<p>Agility</p> <p>Balance</p>

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<i>Moving around ship without getting wet feet</i>	<i>Moving between equipment/ apparatus without touching the floor</i>	Bench Beam Wobble boards Foam shapes	Balance Agility Body awareness Spatial awareness
<i>Target practice</i>	<i>Use bean bags as cannon balls, children lie over moving rolls or wooden bench and throw into barrels. Vary distance and size of barrel</i>	Large roll/ wooden bench Barrels Bean bags Mat	Prone extension Eye-hand coordination Grading and force Timing and rhythm Spatial awareness
<i>Hitting moving target</i>	<i>Use bean bags as cannon balls Children stand side-by-side on mats in line Adult rolls barrel in front of each child to another adult at other end of room Children throw bean bag into moving barrel Vary: speed of barrel, throwing hand, colours of bean bags, number thrown at once, etc.</i>	Bean bags Mats Barrel	Prone extension Shoulder strengthening Body awareness Spatial awareness Eye-hand coordination
<i>Stepping stones when get ashore</i>	<i>Jumping on 'stepping stones' Walking along raised surfaces</i>	Coloured shape mats (circle/square/ rectangle/ triangle) or carpet squares Wooden blocks Tumble form foam shapes	Balance Postural stability Body awareness Spatial awareness Organisational skills
<i>Finding snakes</i>	<i>Jumping side to side along rope Jumping over 'wiggly' rope as moved by adults, both along floor and in vertical plane Running into/under rope arc as it is turned by adults</i>	Long rope Two adults to turn rope	Bilateral integration Timing and rhythm Judging distance, speed
<i>Crawling along tree trunks</i>	<i>Pulling along upturned bench</i>	Wide bench	Pelvic stability Bilateral integration Shoulder girdle strengthening Hand strengthening

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<i>Jumping into puddles</i>	<i>Jumping into coloured hoops placed around room Jump from hoop to hoop in sequence: forwards/backward, right/left</i>	Coloured hoops in different sizes	Spatial awareness Bilateral jumping Grading movement Rhythm and timing Sequencing
<i>Quicksand</i>	Spread large sheets of bubble wrap onto floor <i>Walk over bubble wrap making as little noise as possible</i>	Bubble wrap	Body awareness Spatial awareness Proprioception Grading movement
<i>Transferring treasure from boat to island</i>	<i>Position child on scooter board Pull along rope anchored at both ends Transfer treasure from one end of rope to other</i>	Scooter board Rope Treasure (bean bags, pieces of eight, etc.)	Upper body strengthening Body awareness Spatial awareness Force and direction
<i>Crossing ravine</i>	<i>Lying on bench with arms stretched in front Bench may be hooked over another piece of equipment to make a slope Pulling along/up bench</i>	Upturned bench Rail or another piece of equipment to hook bench over Mat to place at end when jumping off	Shoulder strengthening Pelvic stability Motor planning and organisation
<i>Crawling in undergrowth/along path</i>	Spread parachute out on floor <i>Commando crawling using reciprocal pattern of movement Crawl under material from one side to the other</i>	Parachute Mat	Body awareness Spatial awareness Pelvic stability Shoulder stability Proprioception
<i>Planning an escape from the ship</i>	<i>Put together an obstacle course of activities practised so far, e.g. walk the plank, crawl along the deck, throw cannon balls at enemy, Introduce extra activities each session and get children to remember and set up escape route next session</i>	Parachute Bench Beam Climbing bars Ropes Apparatus Bean bags and targets Coloured sequencing mats Gym kit	Auditory processing and recall Balance Motor planning and organisation Shoulder strengthening Pelvic stability

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<i>Auditory games</i>	<i>Clapping hands or shaking shakers or musical instruments to make rhythms/drumming sticks/sending secret messages</i> <i>Sing pirate songs/rhymes.</i> <i>On the pirate ship we had . . .</i>	Musical instruments, e.g. drums, shakers Words for songs	Auditory processing
<i>Kim's game</i>	<i>Play Kim's game using objects relating to pirates. Either add or remove objects one at a time or try and remember all objects on tray.</i>	Tray for objects Objects brought in by children or chosen by adult Cloth to cover objects Paper and pens if recording	Visual memory Visual sequencing