



Physical Activity Lesson Plan-Ship Ahoy

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This activity is Ship Ahoy which is an elimination game in which you follow commands and have to match the command with a movement as quickly as you can. This activity also involves communication and teamwork.

Group Size: 20-30

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

Gym walls, lines or cones for boundaries

Lesson Objective #1:

To work on balance, running and following directions during the game.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Ask students if they have ever been on a ship. Ask them if they know any ship/ocean terms. (Ex. Ahoy, Mate!, Attention!, Barnacles)

Instructions:

SET-UP:

1. Students will spread out in an open space and face the coach.

RULES:

1. The teacher tells the students they are on a huge ship and they are all sailors.
2. The teacher is the captain.
3. The captain calls out different commands which the sailors must fulfill.
4. Go over each command and let students practice.

ROUND 1:

"To the Bow"-Students must move to the front of the ship (gym.)

"Stem"-Students must move to the back of the ship (gym.)

"Starboard"-Students must move to the right side of the ship (gym.)

"Port"-Students must move the left side of the ship (gym.)

***You can put up signs for these 4 to help students recognize which way to go. (optional)*

**move-means they can walk, jog, run, side-slide, etc.-coach can specify one if they would like.*

"Ship Ahoy!"-Students must run back to the middle of the ship.

ROUND 2:

"Row Boat"-Students must get into groups of 3-4, sit down one behind the other, and pretend they are rowing a boat.

"Man Overboard"-Students get into groups of 2. One lays on the ground on their stomach, the other places one foot on that persons back, one hand on hip, and one hand above eyes like looking off into the distance. (Remind students to not actually put any weight on the persons back.

"Fish out of Water"-lay down and flap around like a fish out of water.

"Barnacle"-Run to one of the side walls and stick your body to the wall (like you are hugging it)

"Lighthouse"-Students get into groups of 3. Two people face each other, holding their hands in the air and touching hands. The other person turns in the middle of them like the light inside the lighthouse.

Round 3:

I Hit The Deck! Students lie flat on their stomach.

I Clear The Deck! Students raise their feet up off the deck.

I Captain On Deck! Students kneel on one knee where they are and salute.

ROUND 4:

I Submarine! Students lie on their back with one leg up (periscope).

I Scrub The Deck! Students get down on their hands and knees pretending to scrub the deck.

****This can be played as an elimination game. The last one to do each command would be out. They can help the coach watch to see who gets out next, or they can do exercises until the game is over. When there is only one person left, the game is over. Play at least 4 rounds, adding a few more commands each time.**

Checking for Understanding:

Observe to make sure students understand commands and are completing them correctly.

Lesson Adaptations

Time Adaptations:

Play more or less rounds depending on allotted time.

Location Adaptations:

This can be played anywhere. If outside, use cones to designate the 4 "wall lines."

Age Adaptations:

K-1: I would only add one or two commands each round. Don't add more until they understand the ones they are doing. I also would not have it be an elimination game at first. Let them get lots of practice before eliminating.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: