

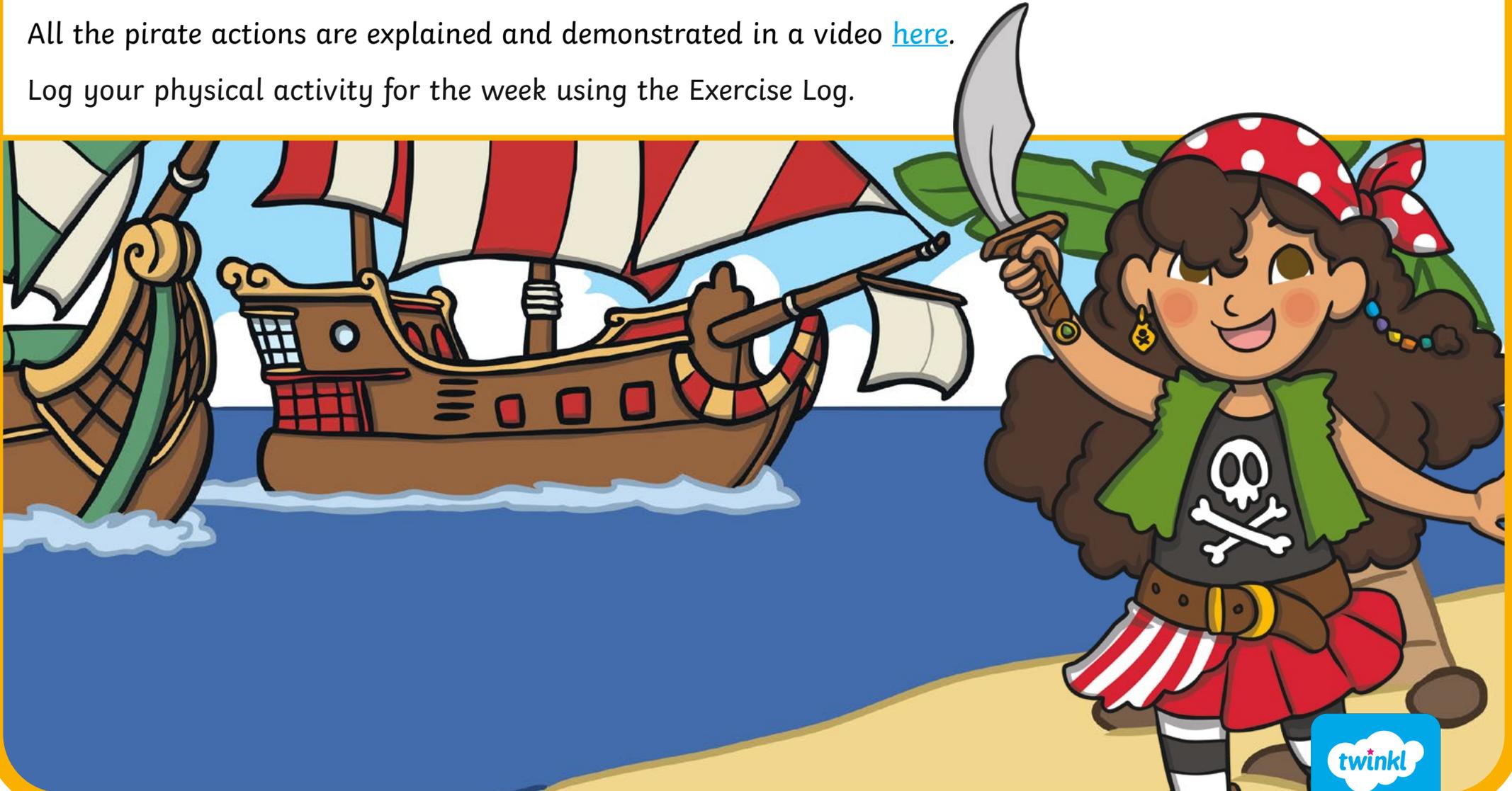
# PE Home Learning: Pirate Fitness Activities

Do you think you would make a good pirate?

Try out the different pirate activities on the activity cards and test your pirate skills!

All the pirate actions are explained and demonstrated in a video [here](#).

Log your physical activity for the week using the Exercise Log.



# Activity Card 1

Imagine you are on board a pirate ship.

Move to the different parts of the ship when they are called out.

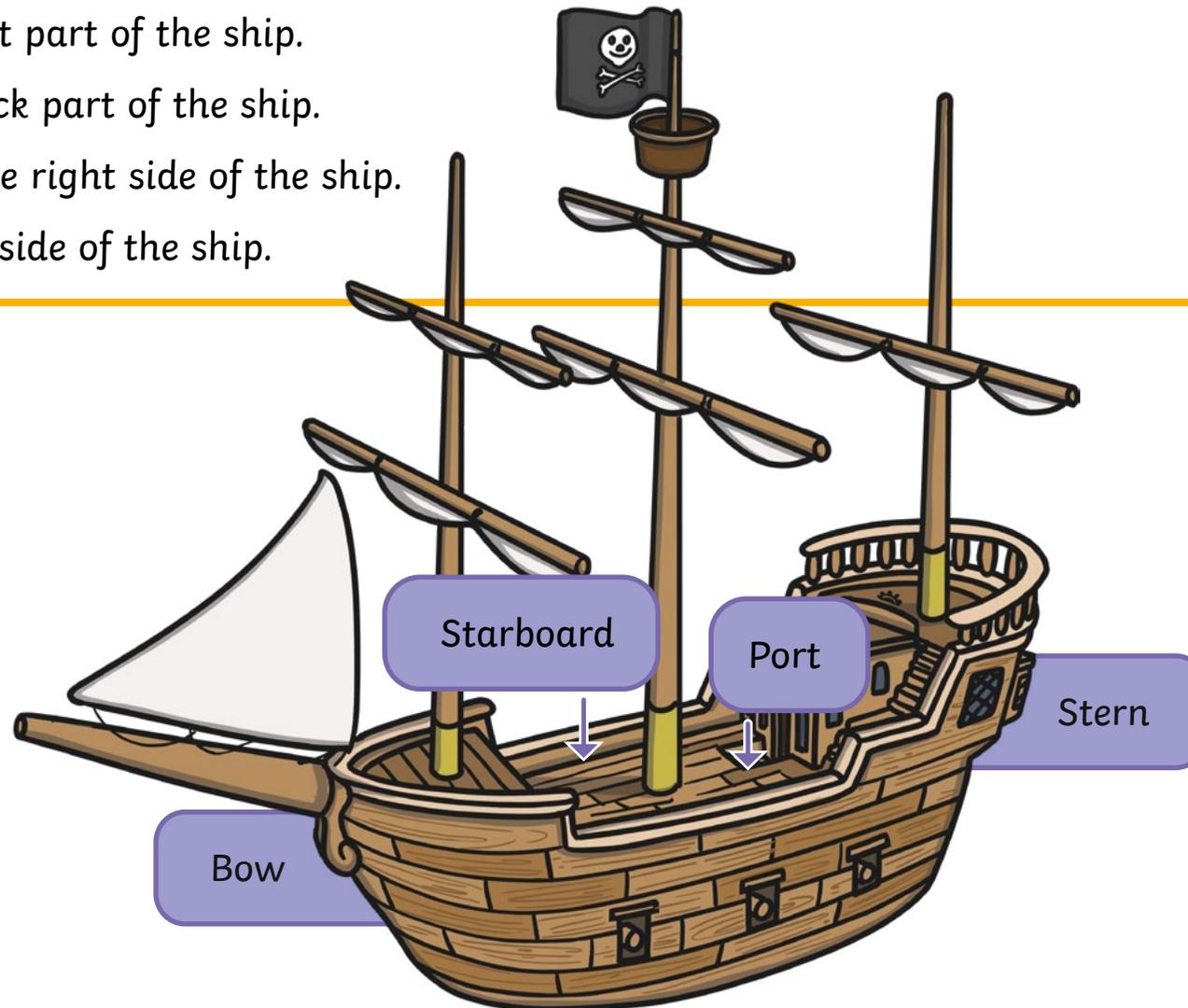
Bow - move to the front part of the ship.

Stern - move to the back part of the ship.

Starboard - move to the right side of the ship.

Port - move to the left side of the ship.

Port, Starboard, Bow, Stern



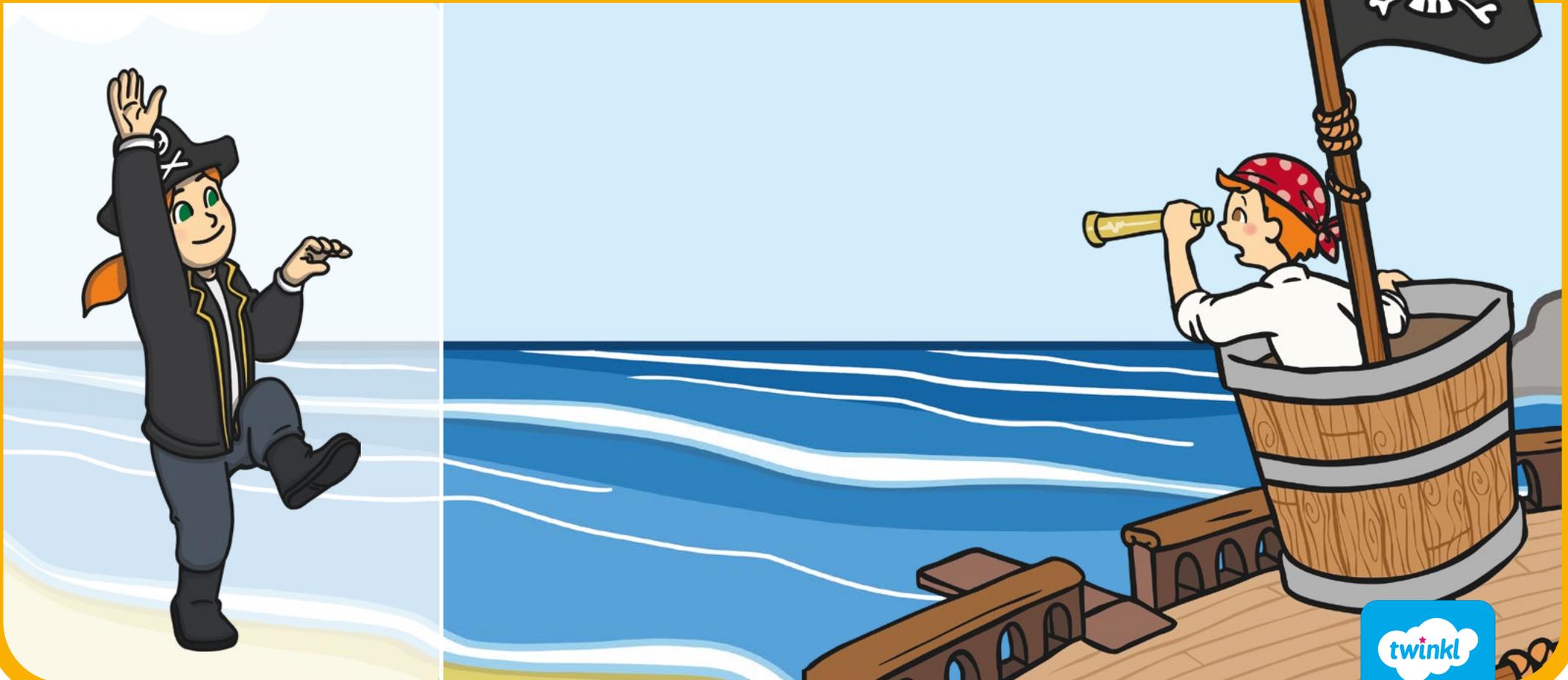
# Activity Card 2

Quick! The captain has asked you to climb the rigging and get to the lookout!

Pretend to climb a rope ladder.

- Reach your hands above your head one at a time to pull yourself up the rigging.
- Lift your knees high and climb on the spot.

Climb the Rigging



# Activity Card 3

Being a pirate is hard work! One of your jobs is to clean the deck of the ship.

Get down onto your hands and knees and pretend to scrub the deck.

Is it easier to scrub side to side or forwards and backwards?

Make sure it's squeaky clean to impress the captain!

Scrub the Deck



# Activity Card 4

Arrr Matey! Time to walk the plank!

- Walk in a straight line with one foot in front of the other.
- Keep your arms out to the side.

Let's hope there are no sharks in the water!

Walk the Plank

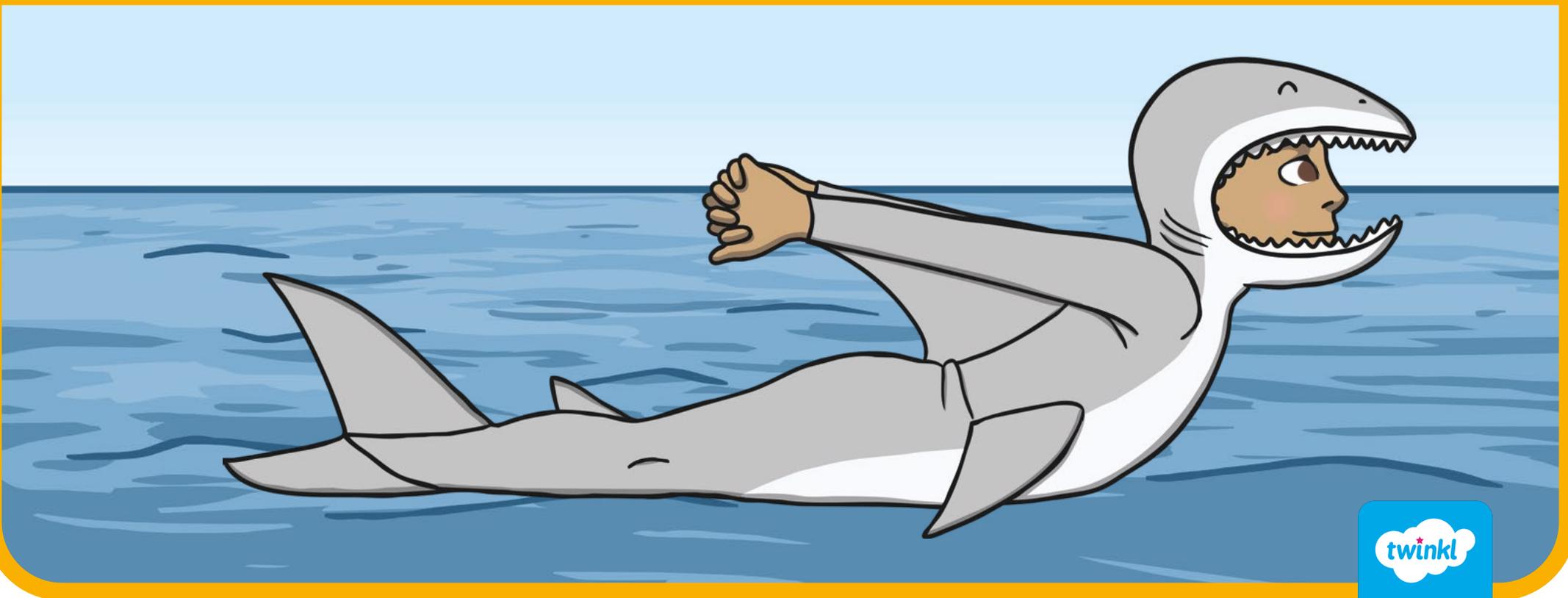


# Activity Card 5

This is called the Shark Pose.

1. Lie on your tummy.
2. Put your arms down by your side.
3. Lift your head and chest up off the floor.
4. Clasp your hands behind your back and lift them up to make a shark's fin.
5. Rock side to side, making a shark noise! Be careful not to flip over onto your side!

Shark Infested Waters!



# Activity Card 6

Yuk! There are rats scurrying everywhere!

- Sit on the floor and hug your knees into your chest.
- Make sure your feet are off the ground and you are balancing on your bottom!

Rats on Board!



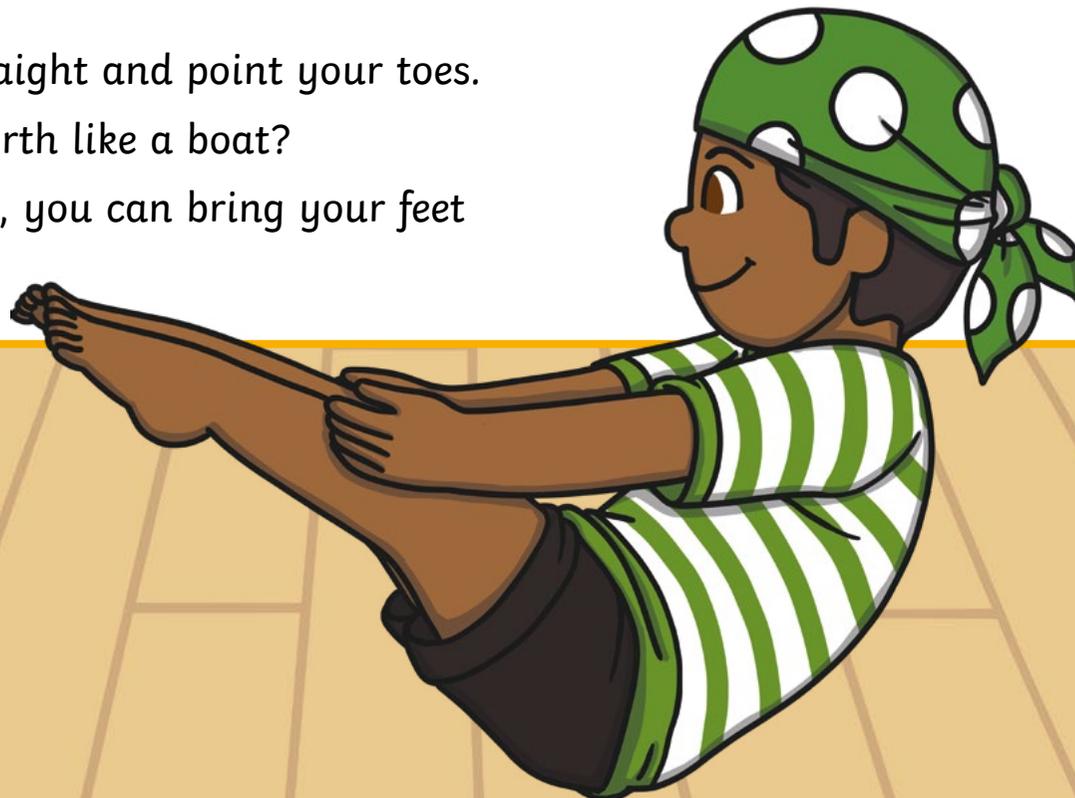
# Activity Card 7

## Pirate Ship

This is called the Boat Pose.

1. Sit with your knees bent upwards and your feet on the floor.
2. Draw your feet in close, towards your bottom.
3. Take a hold of the back of your thighs and lift your feet up from the floor, stretching your legs out straight.
4. Your arms can keep hold of your thighs or you can stretch them out towards your toes.
5. Try to keep your back straight and point your toes.
6. Can you rock back and forth like a boat?

If your boat rocks too much, you can bring your feet down to the ground again.



# Activity Card 8

The pirate ship has hit stormy seas!

Try to keep control of your body as you move around the deck, swaying and wobbling!

Don't fall over or you may end up overboard.

Stormy Seas

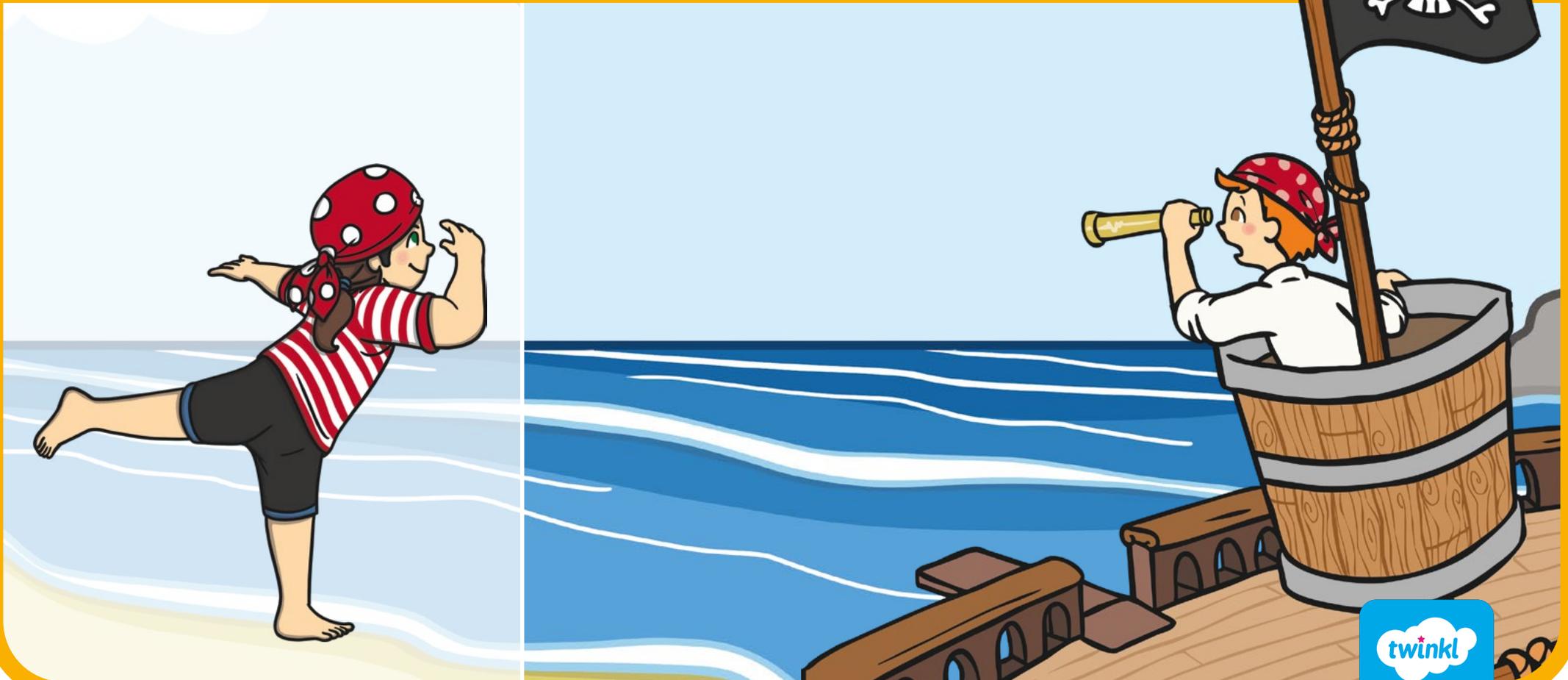


# Activity Card 9

The lookout has raised the alarm – land ahoy!

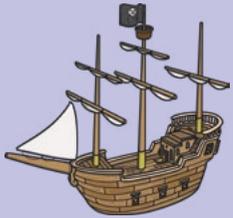
- Stand on one leg and stretch the other leg out behind you.
- Put your arms out to the side to help you balance.
- When you feel balanced, bring one hand to your brow to look for land ahead.

Land Ahoy!



# Bingo

**Port, Starboard,  
Bow, Stern**



**Climb the Rigging**



**Scrub the Deck**



**Walk the Plank**



**Shark  
Infested Waters!**



**Rats on Board!**



**Pirate Ship**



**Stormy Seas**



**Land Ahoy!**



Practise your pirate moves with this game of bingo.

**What to do:**

- An adult can call out the different moves randomly or you can select a pirate action by closing your eyes and putting your finger down on the board.
- Refer to the Activity Cards or the [video](#) to find out what you need to do.



# Exercise Log

Tick the box when you complete each pirate move.

There is also a column to tick if you have done any other exercise each day.

	Port, Starboard, Bow, Stern	Climb the Rigging	Scrub the Deck	Walk the Plank	Shark Infested Water!	Rats on Board!	Pirate Ship	Stormy Seas	Land Ahoy!	Bingo	Other
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

My best PE moment of the week was: