

Year 1 – Lesson Plan 2 – P.E.

How can we use movement and imagination to explore like pirates?

Aim: To develop fundamental movement skills such as balance, coordination, and agility while taking part in a creative, story-based P.E. adventure.	Key Words: Pirate, balance, agility, treasure, plank, crew, adventure.	Preparation: - Cones or markers to create “islands” and “obstacles” - Hoops for “treasure chests” - Benches for “walking the plank” - Soft balls or beanbags for “treasure” - Scarves or ribbons for “pirate flags” - Music for atmosphere (optional, e.g. sea shanties)
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Prior Learning: Children should already have experience moving safely in a shared space and be familiar with basic travelling movements such as running, jumping, and balancing.

WC / PT	<u>Warm-up:</u> Begin with light jogging around the “deck” (hall or playground). Teacher calls out pirate-themed actions: “Scrub the deck!” – crouch and pretend to scrub. “Climb the rigging!” – reach arms up and climb in place. “Cannonball!” – crouch small and cover head. “Parrot!” – stand tall, flap arms, and squawk. Children practise changing quickly between movements, working on reaction time.	0-5 mins
WC	<u>Main Teach:</u> Introduce the idea that the children are training to be part of the pirate crew. Demonstrate each skill station and how it links to being a pirate: - Walking the Plank – balance along a bench or low beam without “falling in the water”. - Rowing the Boat – work with a partner, sitting opposite each other, pulling and pushing gently. - Dodging Waves – weave in and out of cones while keeping balance. - Treasure Toss – throw beanbags (“treasure”) into hoops from different distances. Model safe and correct technique for each skill. Emphasise that being a pirate is about teamwork, not just speed.	5-10 mins

I / S	<u>Activity:</u> Set up an obstacle course combining all the stations: 1. Start at the pirate ship (bench plank). 2. Row to the island (partner exercise). 3. Dodge waves (cone weaving). 4. Collect treasure (throw beanbags into hoop). 5. Race back to the ship with the treasure. Children complete the course in small groups, cheering each other on. Rotate groups so everyone gets to start at a different point in the course.	10-30 mins
I	<u>Extension Challenge:</u> 1. Ask children to invent their own pirate obstacle or movement for the adventure. 2. Let them teach it to the rest of the crew and add it to the course.	30-35 mins
WC	<u>Plenary:</u> Slow movements to “row” back to the harbour. Sit in a circle and discuss: • Which pirate activity they enjoyed most. • How they worked together as a crew. • Which movement was the trickiest and why. Praise effort, imagination, and teamwork rather than who was “fastest” or “best”.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Geography Link: Look at a world map and mark where famous pirates sailed. Identify which seas or oceans they explored.
Challenge B	Art Link: Design and decorate your own pirate flag that shows your “crew’s” personality and values.