



ATHLETICS



GAMES



OUTDOOR &  
ADVENTURE

## Description of Activity

Invite pupils to find a space within the playing area. The activity is played using the following teacher commands.

- To the ship - Run to the captain's right.
- To the island - Run to the captain's left.
- Hit the deck - Lay down on your stomach.
- Attention on deck - Salute and call, "Aye, aye captain".
- Three men in a boat - The crew must form groups of three.
- Clear the deck - Everyone must have their feet up off the floor.
- Scrub the deck - Everyone on their knees scrubbing.
- Man overboard - Pupils must find a partner as quickly as possible.
- A Periscope - Every pupil falls on their back and sticks one leg in the air.
- Shark - Everyone must run to a designated base.
- Three maids in a row - Children form groups of three and sit in a straight line.
- Bow - Run to the front of the playing area.
- Stern - Run to the back of the playing area.
- Port - Run to the left side of the boat.
- Starboard - Run to the right side of the boat.
- Row the Boat - Each pupil finds a partner, sits face-to-face, holds hands, and pretends to row a boat.



## Variations

- Change the locomotor skill used to move around the area, e.g. skipping, hopping, side stepping, etc.

## Equipment

An open playing area



- Encourage pupils to run into their own space to prevent collisions.
- It may be useful to print out the list of commands or discuss them with pupils in class before PE.



- Design a running game based on a theme of your choice. Describe it in your PE journal, and play it with your friends.



- long • deic • triúr i mbád • fear thar bord • siorc • peireascóp • ceann • deireadh • port • deasbhord