



FREDDIE

Character: Fast Freddie

Adventure 9: Sailing with the Pirates

Lesson Focus/ Learning Objective

To develop changing direction and use of agility.

Keywords: change direction, control, co-ordination, turning, awareness, safety, agility, speed

Link to ELG: Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction. (40-60+ months)

Length of Session: 45 minutes

Resources Needed: hoops, cones, bibs, bean bags.

Success Criteria

- To be able to adjust speed whilst running.
- To be able to change direction with control.

In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking us on that adventure... Freddie. Describe the learning objective and the success criteria. Describe the adventure setting. Today we are going to help Fast Freddie by joining him across islands to explore a pirate adventure! **As children are changed if you get them to sit with a partner and if they pair and share to discuss the learning objective for the adventure.**

In The Hall – Warm-Up

Activity: Shiver me timbers! Children can you help the captain to navigate his way to the forbidden island using the compass. Position the children in a space inside the hall, on the teacher command children must travel around the hall exploring the directions on a compass (e.g. 1 - north, 2 - east, 3 - south, 4 - west. Place pictures or a word on each wall in the hall, as this is the wall the children need to reach once the captain has made his command. **(Child's name) shows good spatial awareness and can change direction with control using varying speeds?**



FREDDIE

Main Adventure

Activity 1: Children the ships racing towards the forbidden island to capture the treasure. The Crumbs and the Crusts use your super speed and reactions to win the race. Position the children in two halves of the hall highlighted with a row of brightly coloured cones. Divide the class into 2 teams. Name one 'crumbs' and the other 'crusts'. Teams stand back to back, about a metre apart. The teacher calls out 'crumbs' or 'crusts' and those children must run off and the other team must try to catch them. When caught they must freeze and stand still like a statue. Use bibs to distinguish the two teams. **Why is it important we can change direction whilst running at speed? What is meant by good reactions? When are reactions important whilst participating in sport?**

Activity 2: Children you will need to capture the treasure from the forbidden island, use must use your crazy crawling to avoid being spotted. Position the children into four small groups in the corner of the hall. Put a hoop in the middle of the hall and put loads of bean bags in the middle (which is the treasure). The children have to then run into the middle of the hall one at a time and take the treasure from the middle and bring it back for their team, one bean bag at a time and when all the bean bags are gone the children can count, which team has the most treasure. **How can we change direction quickly? Which leg do we push off when we're changing direction?**

Activity 3: Children there are now lots of pirates all trying to move the treasure from the treasure chest onto the ship. Be quick and avoid dropping any jewels into the sea. If you play the same game as activity 2. When all the treasure has gone from the middle. The pirates can then go to other groups to steal their treasure. The children cannot stop other pirates coming to steal their treasure and only one person from each group should go at a time. Then count which group has the most treasure. **How do we react when we see people in front of us? Feedback to children that are dodging well and changing direction to avoid collision or accelerate.**

Making The Tasks Easier

- Give the children more space to move around in.

Making The Tasks Harder

- Reduce the space the children have.
- Increase the speed that you give the children instructions.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan