



AT HOME

GAME

Aye Aye Captain

Autumn Term

BENEFITS:

- Following instructions.
- Listening.
- Imagination.
- Gross motor skills.
- Balance.

WHAT YOU NEED:

No equipment required.

SET-UP:

No set up required. Explain to your child/children they're going to pretend to be a pirate and the adult is the shark. The adult will call out the below commands for the children to copy and follow.

SAFETY:

Clear an area so you have enough space to run. All children to run in the same direction.

DESCRIPTION

1. Salute the captain: Salute the captain and shout out "Aye Aye Captain".
2. Climb the rigging: Pretend to climb the rigging.
3. What can you see: Look through pretend binoculars then run away from the shark.
4. Polly Parrot: balance on one leg, flap their arms and shout "Squawk Squawk".
5. Walk the plank: Walk with their arms out pretending to balance on the plank.
6. Man over board: Children hold their nose and pretend to jump into the water.
7. Captain's girlfriend: hands on their hips, sway side to side shouting "Swit-Swoo, Swit-Swoo".

PROGRESSION/VARIATION

1. Have one of the children be the shark to call out the commands.
2. The adult can get faster and faster with the commands.