**Low Organization Game / Warm-up Activity**

**“Ships Ahoy”**

1. **Choose 5 to 7 actions that will be used.** Review action instructions with students. Use an anchor chart with words and pictures of the actions when first teaching the game.

**Possible Actions:**

* + - **Captain’s Coming – Stand and Salute**
    - **Bow – Run to front of gym (sign on wall)**
    - **Stern – run to back of gym (sign on wall)**
    - **Hit the Deck – lie in “plank” position on floor**
    - **Scrub the Deck – kneel, moving arm in circles**
    - **Climb the Rigging – Pretend to climb ladder**
    - **Submarine – Lie on back with one leg up**
    - **Walk the plank – walk on line with one foot in front of the other and arms out for balance**
    - **Stormy Weather – Rock from side to side**
    - **Pull the Anchor – pull side to side**
    - **Dig for Treasure – action of digging**
    - **Land Ahoy – look for land**
    - **Seagulls – run and flap wings**

1. **Students spread out in the gym area.** Teacher calls out actions. You may want to give more time between actions as the students become familiar with the game. Then speed up the changes between actions. Actions that require less movement can be used during in class DPA.

**Adapted from:**

[**http://www.teachingideas.co.uk/pe/pirateship.htm**](http://www.teachingideas.co.uk/pe/pirateship.htm)

This activity can be used with all grades, one through six, with adaptations for each grade as necessary. For the younger grades, fewer commands can be given. For example, grade one may use only 3 commands, while grade four can use five commands. As well, for the older grades, the students can give the commands and rotate through who gives these commands based on predetermined criteria. For example, the last person to hit the deck gives the next three commands or the first person to the bow gives the next command. Individual student needs can be easily accommodated as there are a variety of actions included in the commands and not all commands need to be used. So, for example, if a child in the class uses a wheelchair, the teacher would avoid using commands such as “hit the deck” and would instead stick to commands involving areas of the gym or upper body movement.