



SHIPS & SAILORS

TIME: 5 – 10 Minutes

SPACE: Small Gym or Field

SUPPLIES: None Required

INSTRUCTIONS:

- Explain to students that you are the Captain of a ship. They must listen and follow all of the captain's orders as fast as possible.
- When the Captain yells, "Ships" students run to the right side of the room or field. When the Captain yells, "Sailors" students run to the left side of the room. Continue to incorporate other exercises and actions.

Orders:

Ships: Run to the right side of play area

Sailors: Run to the left side of play area

Captain's Coming: Freeze and salute the Captain

Hit the Deck: Fall to the floor on your stomach (Don't call this during a running order!)

Shark Attack: Freeze and do shark squats

Pirate: Jump on one leg and make an eye patch with your hand

Three Men Rowing: 3 Sailors get in a line and pretend to row a boat while singing, "Row, Row, Row Your Boat."

VARIATIONS:

- Create as many new orders as you can think of! (For example, Man Overboard, Walk the Plank, Sea Sick, etc.)
- It can be helpful to use hand signals to indicate "Ships" and "Sailors"

