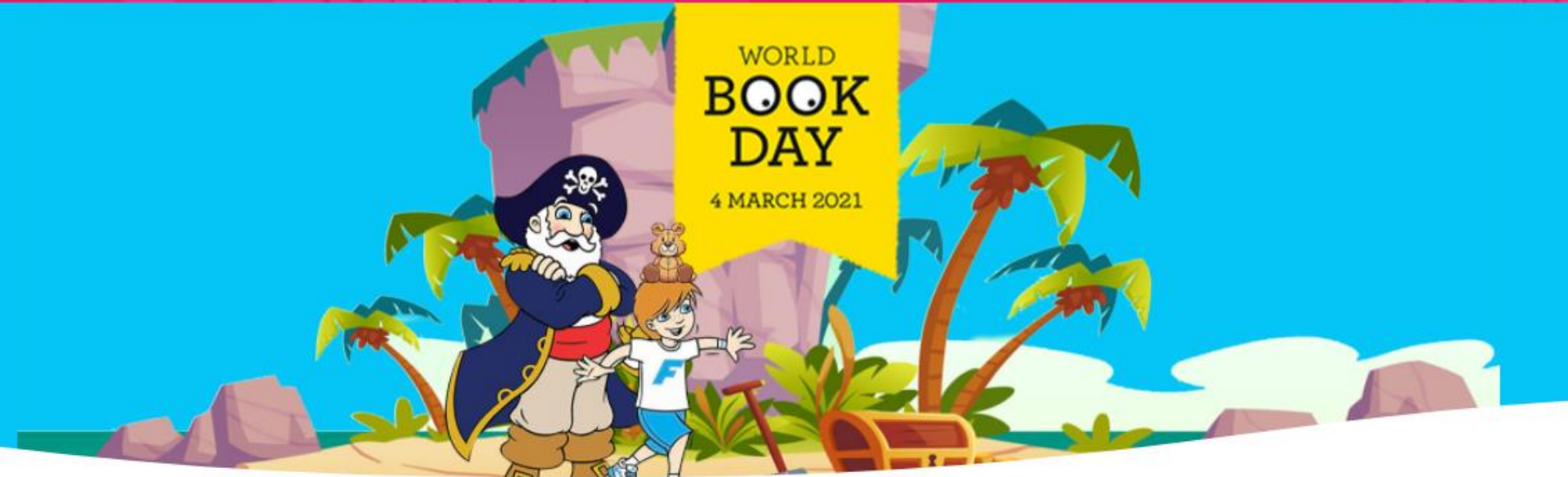
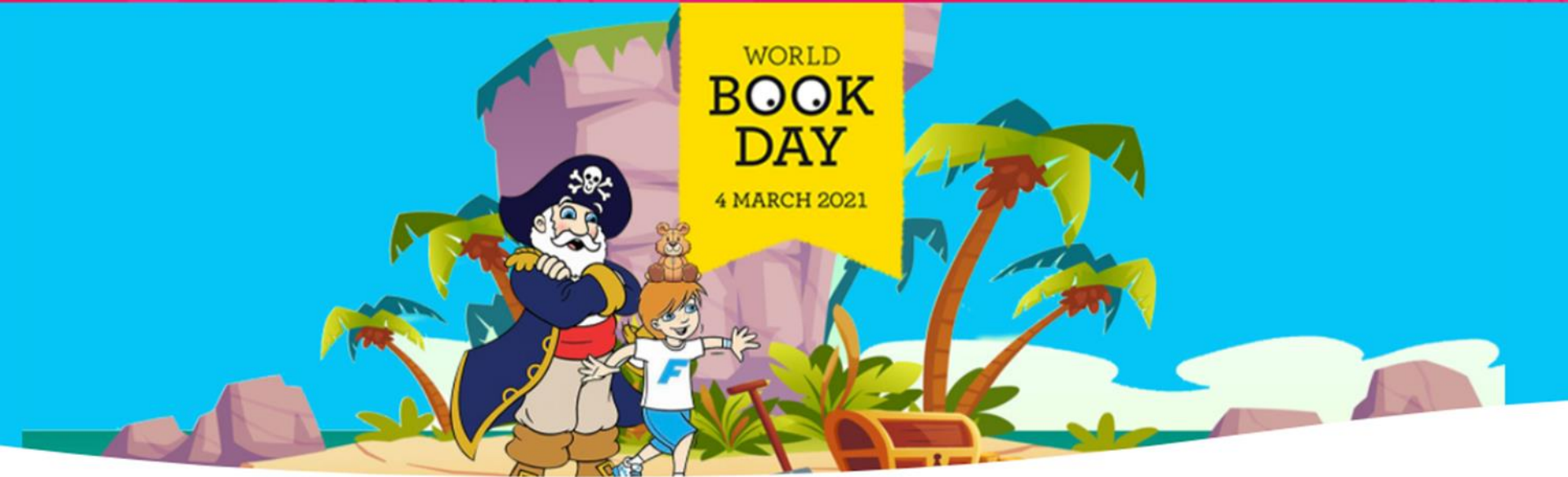




PE Lesson

Tuesday 2nd March

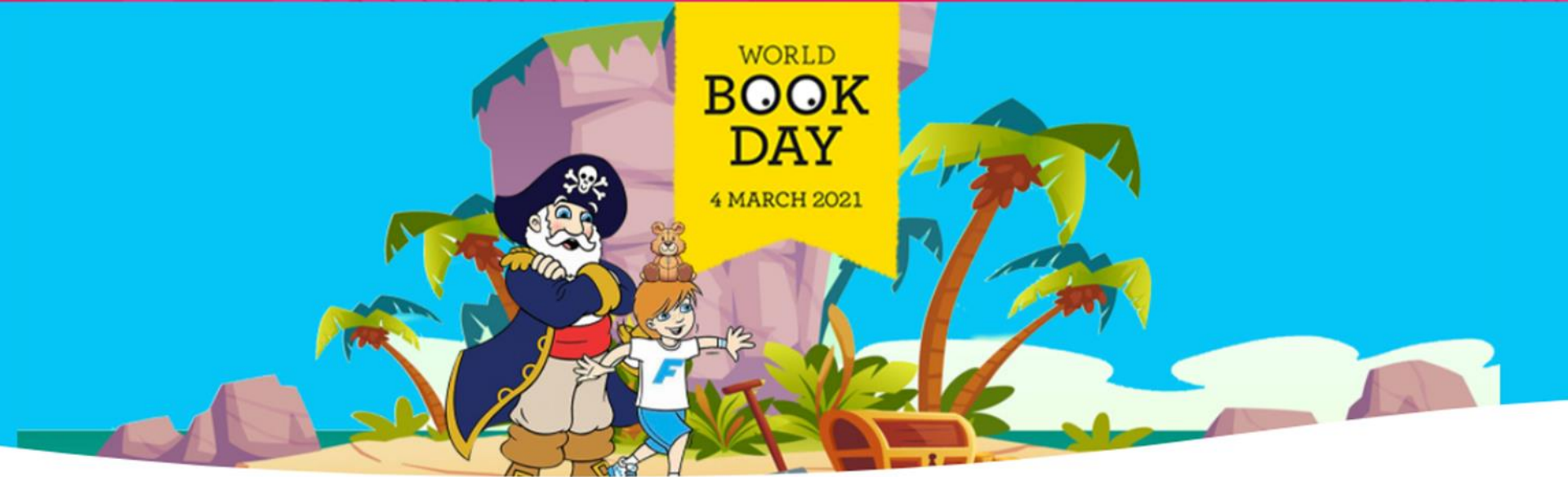


Freddy and The Pirates

Can you read Freddy Futures Pirate Adventure on your own, to a younger sibling, or over zoom/faceTime/video link to a younger cousin or friend.

Follow this link:

<https://primarypeplanning.com/home-pe/world-book-day-ks2/>



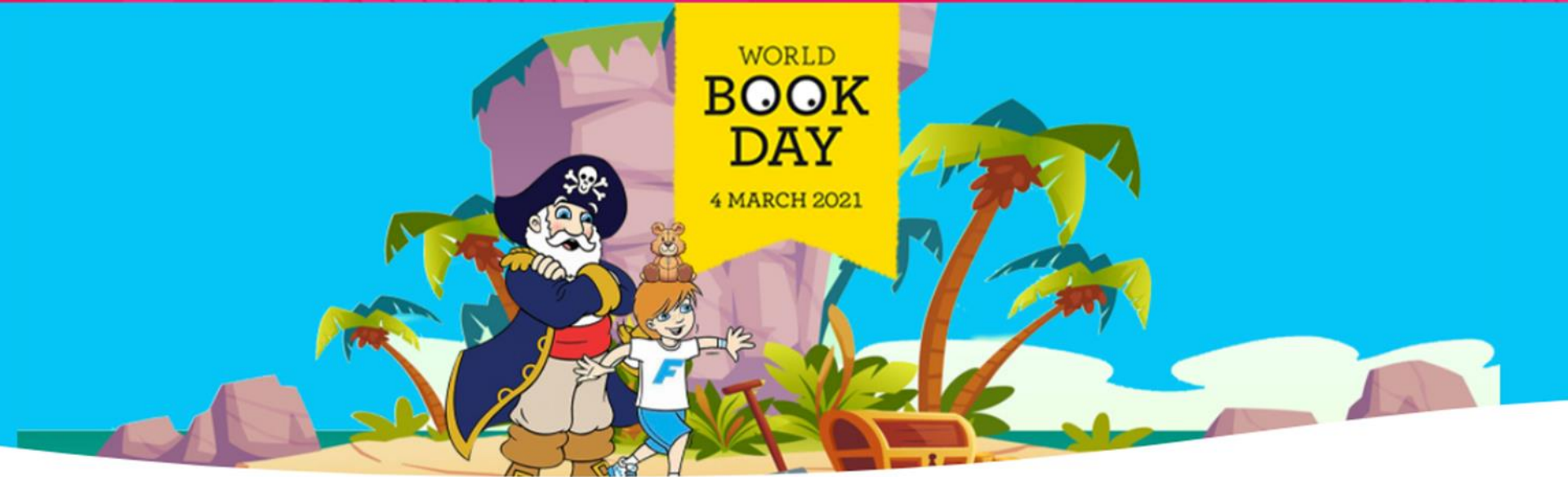
Now you have read the story why not get into the Pirate theme...

Activity 1:

Can you make up a Pirate dance on your own or in a group from your class (on zoom or at school) using the Wellerman Sea Shanty song.

https://www.youtube.com/watch?v=9A6XcFE4CL8&feature=emb_logo

Can you dress up in a Pirate costume using props from home and perform your dance?



Activity 2:

Can you make up a Pirate Fitness Circuit

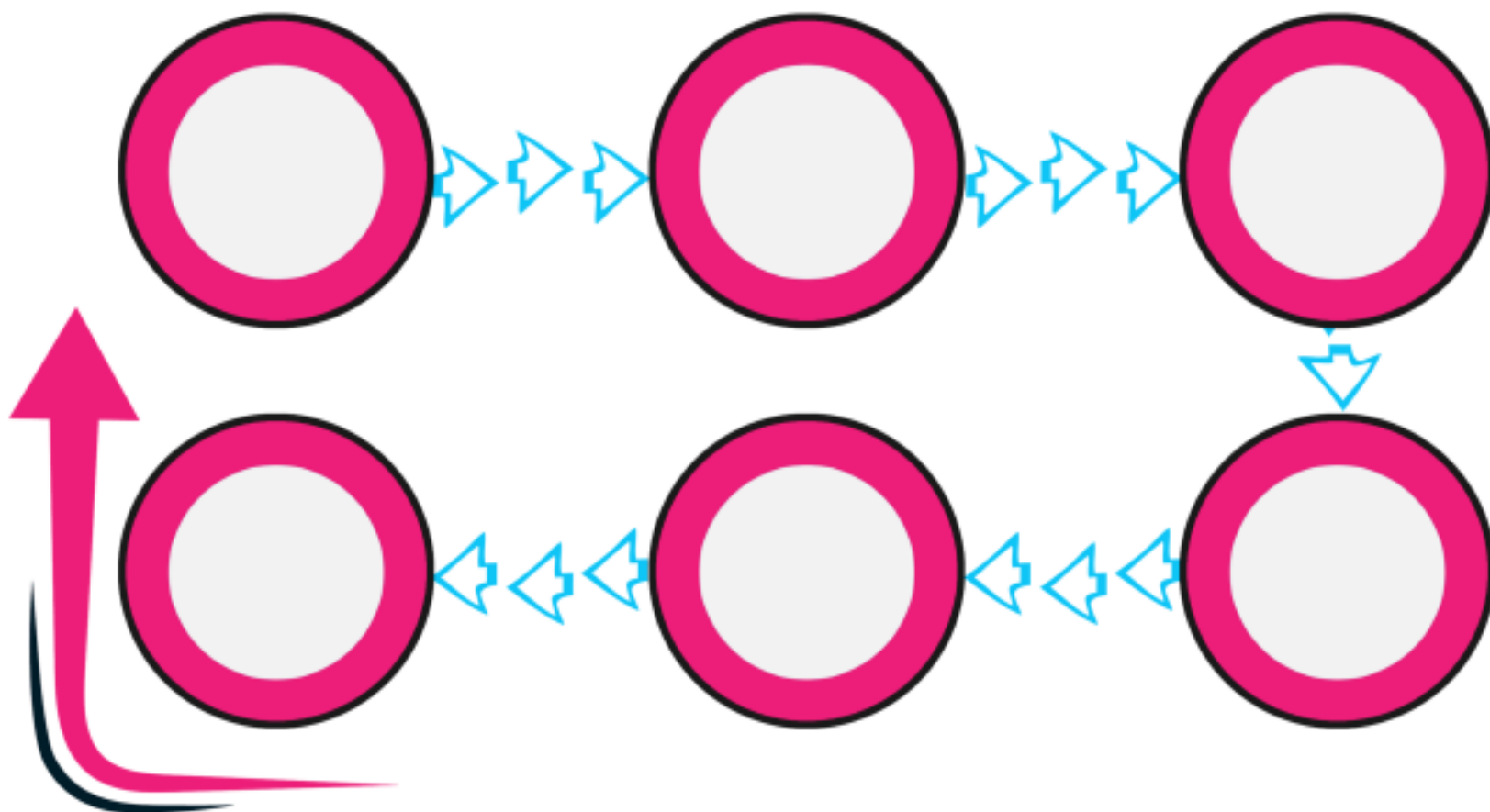
- e.g Squat down and scrub the deck, Press up (to drink some water), Pirate exercises - star jumps, climb the rigging
- Can you complete it yourself and/or teach someone at home?

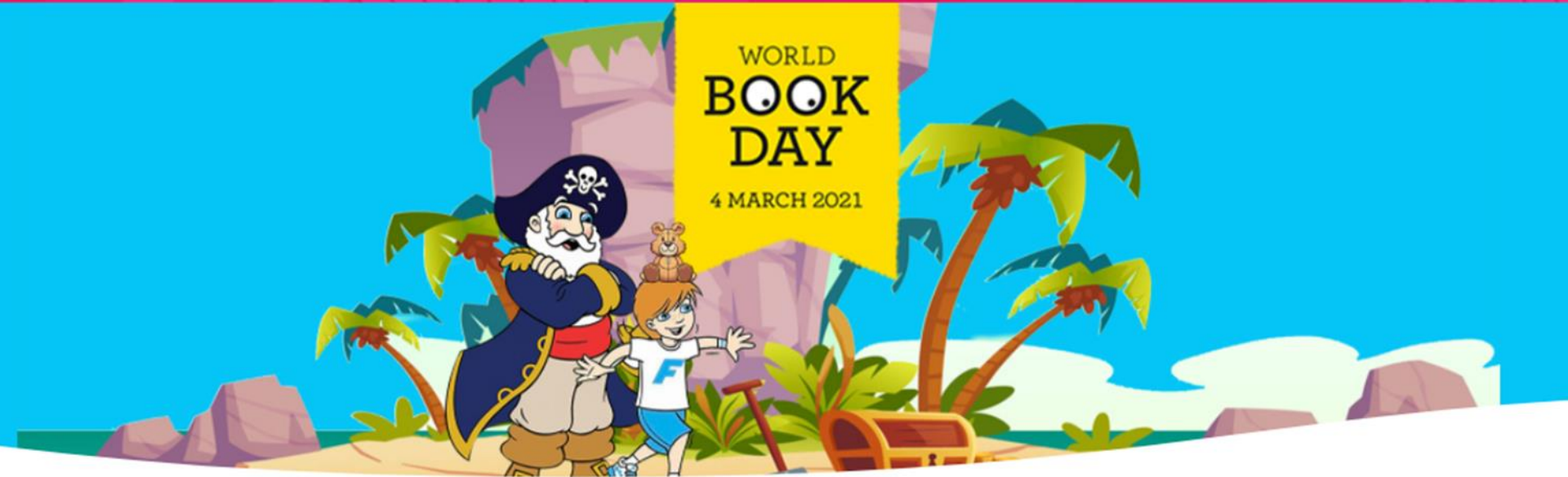


WORLD
**BOOK
DAY**

4 MARCH 2021

Write or draw your exercises in each station





Activity 3:



https://youtu.be/p79feK5IV_A?list=PLgWiXJ6g6sf-FOkmyDSL-qhGy0zqI_wUX