

Gym Pirates

1. Cannonball Run

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

2. Plank Tag

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

3. Pirate Ship

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power
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Gym Pirates

Cannonball Run: Class is divided into four groups. Each group lines up single file on one of the four corners of the volleyball court. On go, the groups start to jog around the court. The person at the end of the line yells “cannonball” and sprints to the head of the line. This process is repeated for the length of a song of your choice or can be timed. The objective is to score as many “cannonballs” as a team.

Plank Tag: Designate three or four students to be “it”. When tagged, the student must get into a plank or front support position. In order to re-enter the game, another student must crawl underneath the student in the plank position. The objective is for the “it” players to get everyone in a plank position. This could go for a designated time or length of a song and then switch or add “it” players.

Pirate Ship: Students are start at centre of the gym. Tell them they are all on a pirate ship. They must listen closely and follow your commands as follows:

- Touch the wall on the starboard side – right
- Touch the wall on the port side – left
- Touch the stern – back
- Touch the bow – front
- Touch the quarterdeck – left
- Shark Attack – get on the floor and swim to safety (anywhere off the floor)
- Man the Lifeboats – sit on the floor and row
- Hit the Deck – get on stomach as fast as possible
- Gangplank – everyone in a front support position in a line but hands are on the ankles of the person in front of them. They try to walk as a group to a designated “island”. Student can be in groups of 4 or 5.

Note: these commands can be given in any order or repeated. Ask students to come up with their own commands.