



**Leeds Well
School Partnership**

Physical Activity • Physical
Education • Sport

MULTI SKILLS

KEY STAGE 1 (AGES 5–7) – 6 WEEK PROGRAMME

MAIN GAME – PIRATE ISLANDS

WEEK
4

MAIN GAME
PIRATE ISLANDS



**20
MINS**



**5–7
YEARS**



FOCUS: Develop balance, coordination, body control and concentration.



HOW TO PLAY

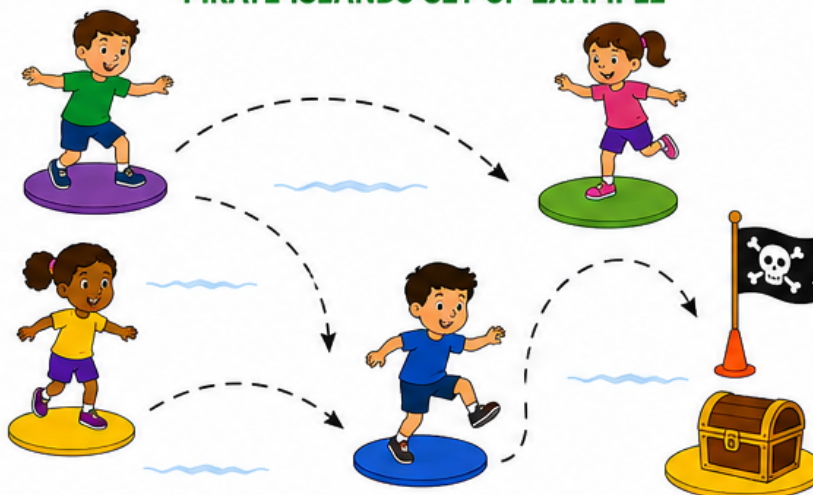
- 1 The floor is the “sea”.
- 2 Children travel from island to island without touching the sea.
- 3 On each island, they complete a balance challenge.
- 4 Collect treasure (beanbag) and travel to the treasure chest.
- 5 Work together to collect as much treasure as you can!

EQUIPMENT

- Balance spots (islands)
- Beanbags (treasure)
- Cones
- Treasure chest



PIRATE ISLANDS SET-UP EXAMPLE



BALANCE CHALLENGES (IDEAS)

- ✓ Stand on one leg and count to 5
- ✓ Balance a beanbag on your head
- ✓ Star shape (arms and legs out)
- ✓ Do 5 squats
- ✓ 3 star jumps on the spot
- ✓ Tip toe to the edge and back



MAKE IT FUN!

You are pirates searching for treasure!
Can your crew collect all the treasure and return it to the chest?



COACHING CUES

- ✓ Look forward.
- ✓ Keep your body tall and steady.
- ✓ Use your arms for balance.
- ✓ Step carefully from island to island.
- ✓ Land softly on the island.
- ✓ Concentrate on each challenge.
- ✓ Encourage your team.

TOP TIP



Go slowly,
keep trying and
encourage your
team – together
you can do it!



MAKE IT EASIER

- Use fewer islands
- Make the islands bigger (more space to land)
- Move the islands closer together
- Remove some challenges
- Allow extra time



MAKE IT HARDER

- Use smaller islands
- Move the islands further apart
- Add more challenging balance tasks
- Carry the beanbag on your head
- Add a time challenge



BE ACTIVE, BE SAFE, HAVE FUN!



GOOD SPORTSMANSHIP



TRY YOUR BEST • ENCOURAGE OTHERS