

CAPTAIN AND CREW

WARM UP ACTIVITY



INSTRUCTIONS

THE INSTRUCTOR STANDS AT THE FRONT OF THE ROOM WITH A LARGE GROUP OF STUDENTS AND CALLS OUT THE FOLLOWING COMMANDS. IF THE STUDENTS MAKE A MISTAKE, OR DON'T HAVE THE CORRECT NUMBER OF STUDENTS TO DO THE COMMAND, THEY ARE KNOCKED OUT OF THE GAME. THE LAST STUDENT LEFT IN THE GAME WINS. IT IS HELPFUL TO ORIENT THE KIDS WITH NORTH, SOUTH, EAST, WEST BEFORE THEY START. IT'S ALSO BEST TO USE THE LARGE GROUP COMMANDS SUCH AS MESS HALL AT THE BEGINNING WHILE THERE ARE STILL A LARGE NUMBER OF PLAYERS.

COMMANDS

MESS HALL - (FOUR PEOPLE) ALL FOUR PLAYERS SIT IN A CIRCLE AND PRETEND THEY'RE EATING.

LIFEBOAT - (THREE PEOPLE) THREE PLAYERS SIT ON THE FLOOR IN A ROW AND PRETEND TO PADDLE A BOAT.

MAN OVERBOARD - (TWO PEOPLE) ONE PERSON LIES ON THE GROUND, THE SECOND PERSON STANDS ABOVE THEM WITH ONE FOOT RESTING LIGHTLY ON THEIR CHEST. THE STANDING PERSON SHIELDS THEIR EYES AND 'SCANS THE HORIZON'.

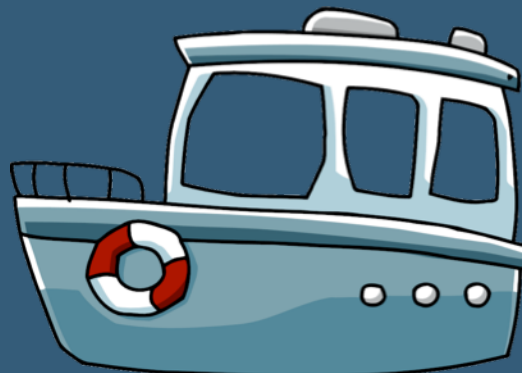
PIRATE - STAND ON ONE LEG, PUT ONE HAND OVER YOUR EYE, USE YOUR OTHER HAND TO TOUCH THE SHOULDER ON THE SAME SIDE (LIKE YOU HAVE A PARROT THERE) AND YELL "ARRGH!"

TURTLE - LIE ON YOUR BACK, WAVE YOUR HANDS AND ARMS IN THE AIR AND SAY, "TURTLE, TURTLE."

SUBMARINE - LIE ON YOUR BACK AND RAISE ONE LEG STRAIGHT UP IN THE AIR LIKE A PERISCOPE.

COMPASS - THE INSTRUCTOR YELLS OUT NORTH, SOUTH, EAST, OR WEST. PLAYERS TURN THAT DIRECTION AND RUN IN PLACE, DOUBLE-TIME.

HIT THE DECK - DROP TO THE FLOOR, LIE ON YOUR BELLY, AND TUCK YOUR HANDS UNDER YOUR CHIN - ELBOWS AND FOREARMS FLAT ON THE FLOOR.



BreakAppz



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