

**Imagine you are onboard a pirate ship!** Travel around the space as if you are a pirate. Listen out for your instructions.

- **Climb the rigging:** Move your arms and legs as if you are climbing a tall ladder.
- **Wash the decks:** Crouch down low and pretend to wash the floor. Move your arms from side to side.
- **Shark attack:** Lie on the floor with one arm in the air.
- **Rats on board:** Sit on the floor hugging your knees, with your feet off the floor.
- **Land ahoy!** Put one hand above your eyes as if you have spotted land. Point with the other hand to show your fellow pirates where it is. Swap hands.



Lie on your back and stretch your body into the shape of a starfish.

Get onto your hands and feet or knees and hands. Stretch your body into an arched shape like a humpback whale.

Lie on your tummy and stretch your body so that it is long and thin like a dolphin.

Curl up your body like a sea urchin.

