



**SPORTY
& HEALTHY**

PIRATES

Topic: Developing
coordination
and ball games.



Goals of the classes:

General: exercises developing eye-hand coordination.

Operational (detailed). The child:

- strengthens muscle strength;
- develops eye-hand coordination;
- develops jumping and agility;
- improves overall fitness and endurance of the body;
- improves reaction speed.

Methods: strict imitation, strict task-based, verbal (explanation, demonstration), practical exercises.

Forms of work: individual and group.

Teaching aids: coordination ladder, cones, balls, ball on a string, container for balls/box/basket, etc., tennis racket.

Duration: 30 minutes

Course of classes:

Greeting - reminding of safety rules and informing about the theme of the activities.

Warm-up

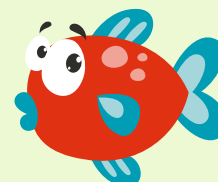
1. "Expedition to Pirate Island" - (agility, endurance, coordination)

Children set off for Pirate Island, jump into the water and swim by moving arms (circling), bouncing on waves like dolphins, diving, and collecting shells from the bottom, etc. Finally, we jump onto the beach and shake off the water: right hand, left hand, and the whole body. Thus prepared, the pirate travelers can start playing on the island!

Main exercises

2. "Collecting Coconuts" (coordination, dexterity, general fitness, and body balance)

Each child collects supplies of coconuts – small balls. We toss and catch the coconuts, bounce them off the floor (dribbling), transfer them from hand to hand over the head, under the raised knee (left and right leg), and around the body (at hip level). The children try not to lose the ball, control the strength of the bounce, and the height of the toss.



3. "Bridge" (reflexes, endurance, body coordination)

Pirates must cross the river. There is a bridge over the river – a coordination ladder. Each child must cross the bridge without touching the horizontal line. On the bridge, one can:

- Run on tiptoes with knees high up,
- Jump with both feet,
- Hop on one foot,
- Move on all fours,
- Jump sideways (step-close movement)
- Move backward, etc.

Additionally, there can be obstacles on the bridge: cones – trees to be avoided, flat markers – turtles to jump high over, or a ball on a string – Mr. Rat (see below), which must be bypassed without touching it.

4. "Volcano" (reflexes, coordination, group cooperation)

The instructor has prepared small soft balls in a container. On signal, he throws the balls – the volcano erupts, and the children must quickly collect all the balls – hot stones from the volcano, to save the island. The game ends when all the balls are back in the container. As a challenge, the teacher can count down the time the children have to collect all the balls. It is important for the children to cooperate in this game, they can pass balls to each other to quickly get every ball into the container.



5. "Mr. Rat" (eye-hand coordination, mini tennis, strengthening arm muscles)

The teacher holds a ball on a string, i.e., Mr. Rat. Each child (in turn) approaches the teacher, stops opposite with a racket, and standing stable on slightly bent legs tries to hit the ball with the racket so that the ball spins several rounds. Mr. Rat spins on the carousel, and the children learn the basic tennis stroke – forehand.

6. "Pirate Ships" (reflexes, endurance, agility)

We designate two places – pirate ships. Children start the game standing on one ship. The ships should be a long distance apart so that the children have to run from one ship to the other. At a certain moment, the teacher signals that there is a storm and it's time for: "Change of ship"! Then all children must run as quickly as possible to the other ship (where they are safe). However, between the ships swim sharks – the teacher throws soft balls. Children must avoid the sharks while running to the other ship. The balls can roll on the floor or bounce. If someone is caught, they must perform a "pirate squat".

Conclusion – stretching exercises