

## ACTIVITY 3.4 – PIRATE SHIP

*In this active game, students use a personal flotation device (PFD).*

TIME REQUIRED: 20 minutes or more

MATERIAL: 5 mats (or cones), 5 racing bibs (3 in one color and 2 in another color), at least 2 PFDs.

COMPETENCIES:

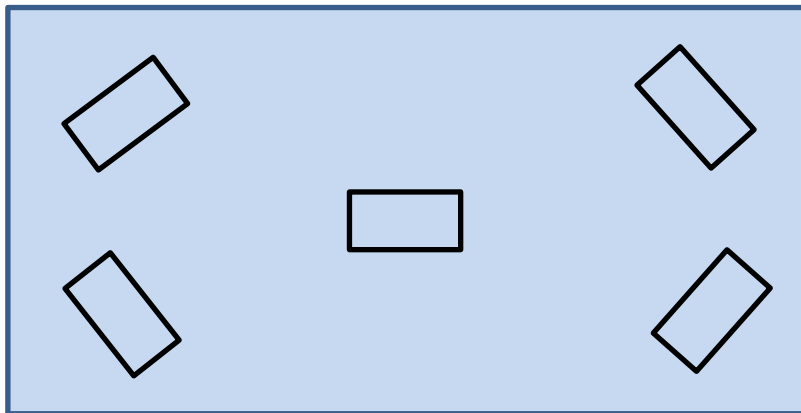
Physical education and health:

- To perform movement skills in different physical activity settings
- To interact with others in different physical activity settings

SAFETY RULES:

- Wear running shoes.
- Stay within the zone determined by the teacher.

GOAL: Stay in the game as a sailor as long as possible.



Side mats = sailors' ships

Center mat = jail-ship

Gymnasium = sea

## RULES:

- Using the mats or cones, mark out the playing zone, ensuring there is enough distance from walls and obstacles.
- **Choose 3 students who will play as sharks:** sharks wear a racing bib and try to touch any sailor who is not on a ship (mat). Sailors touched by a shark must go in the jail-ship (mat at the center of the zone).
- **Choose 2 students who will play as pirates:** pirates move around by hopping on one leg. Their mission is to sink the sailors' ships to help sharks catch as many sailors as possible. As soon as a pirate sets foot on a ship, the ship sinks for approximately 10 seconds. All sailors who stay in the sunken ship automatically go to jail.
- **All other students are sailors:** at least 2 PFDs are provided to sailors. Sailors who wear a PFD cannot be attacked by sharks. Each time the teacher blows the whistle, the PFDs must go to two other sailors.
- **Freeing prisoners:** an imprisoned sailor can be freed if a free sailor grabs his/her hand and both go back to a ship, all the while holding hands. Sailors who are holding hands (when one is liberating the other) are immune to sharks. Once the two sailors are in the ship, they are both free and can go their separate way.

## ALTERNATIVES:

- Form teams of sailors (one team per ship)
- Add a treasure sailors have to retrieve

## AFTER THE GAME:

- When should you wear a PFD?
  - When you are on a boat or during a nautical activity.
  - When you venture on ice that has not been verified by a relevant authority.
  - When you are around water or on a dock if you are not a very good swimmer or if the water is cold.
  - During aquatic activities.
- Demonstrate the proper way of putting on a PFD; make sure all straps and buckles are fastened.
- Demonstrate the proper way of testing the PFD's size (pull up the PFD – it must not go past the ears of the person wearing it).
- Remind students they need to be wearing the PFD before an incident happens. Putting on the PFD can be an arduous task, even more when trying to put it on in water.