



# Pirate Treasure Hunt

## Class Plan #1

### Pirate Warm-Up

Developed by Birdy's Kids in Motion™

YOUTUBE LINK TO VIDEO: [https://youtu.be/y\\_nTpPng2LA](https://youtu.be/y_nTpPng2LA)

Put on shorts

Put on your shirt

Sunscreen your face, arms, legs and shoes

Stretch up tall

Show your muscles

Side to side with arms rotating up in the air

Muscles down low

Pick up some treasure and some more treasure (bending down side-to-side)

Put it in your bucket (pound floor in front of you)

Repeat picking up treasure and putting in bucket

Hands on your hips

Look up at sun and clouds and down low to find things in the sand

March and March

Sand is hot, march with knees up higher and much faster

Freeze

Tip-toe quietly around in a circle

**Hold your sword up with one hand and your map with another**

**Sprinkle fairy dust over your head**

**Sit down with bottoms of feet together**

**Fly your fairy wings (your knees) up and down**

**Hold knees together**

**Pick up your feet and put your arms out to your sides**

**Balance on your bottom while you fly faster**

**Freeze**

**Feet straight out in front of you with legs straightened**

**Clap your hands on your knees and remind them to “stay straight knees”**

**Hands out in front of you trying to touch your toes**

**Go as far as you can without bending your knees**

**Preschool Foundations Referenced:**

**Perceptual-Motor Skill and Movement Concepts**

**1.0 Body Awareness**

**2.0 Spatial Awareness**

**Fundamental Movement Skills**

**1.0 Balance**

**2.0 Locomotor Skills**