

<h2>Shipwreck</h2>	Time 20 minutes	Facility <input checked="" type="checkbox"/> Classroom <input checked="" type="checkbox"/> Multipurpose <input checked="" type="checkbox"/> Gymnasium <input checked="" type="checkbox"/> Outdoors	
Equipment None		Physical Activity Level <input checked="" type="checkbox"/> Moderate <input checked="" type="checkbox"/> Vigorous	
Safety <ul style="list-style-type: none"> ● Remind students to be cautious when moving and to be aware of the personal space of others. ● If the activity is taking place in the classroom, ensure that there is adequate room for students to stretch and move safely. 			
Warm-up <ul style="list-style-type: none"> ● Have students move around the activity area in a variety of ways, slowly increasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). Activity 1: All “It” Tag <ul style="list-style-type: none"> ● Tell students that everyone is “it” at the same time. ● On a signal, have students attempt to tag each other, while avoiding being tagged by another student. If tagged, students walk or jog on the spot with their hands on their heads. If students tag each other simultaneously, both walk or jog on the spot with their hands on their heads. They continue doing this until the game ends. ● End the game after 45–60 seconds, or once most of the students have been tagged, then start a new game. Activity 2: Shipwreck (Adapted from: Ophea, <i>H&PE Curriculum Support Document, Grade 4, 2000</i>) <ul style="list-style-type: none"> ● Explain the following commands and demonstrate the actions for each. <ul style="list-style-type: none"> ○ Bow – Move to the front of the activity area. ○ Stern – Move to the back of the activity area. ○ Starboard – Slide to the right of the activity area. ○ Port – Slide to the left of the activity area. ○ Mop the deck – Pretend to mop the ship’s deck. ○ Iceberg – Freeze in an interesting pose. ○ Walk the plank – Take 10 steps on the spot, with high knees, then turn 180 degrees; take another 10 steps on the spot, and once again turn 180 degrees. ○ Crow’s nest – Stretch up tall and pretend to look through a telescope. ○ Shipwreck – Fall down and crawl to the “beach” as fast as possible. ○ Rain – Jog on the spot. ○ Storm – Run on the spot as fast as you can. ● Call out commands and have students do the actions. ● Call out commands faster and faster to make students move faster and to raise their heart rates. Cool-down <ul style="list-style-type: none"> ● Have students move slowly (e.g., in a slow jog, brisk walk) around the activity area. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). 			
Variations <ul style="list-style-type: none"> ● Have groups of students create their own variants of the game, based on a curriculum topic, season, or theme. 			
Notes for Teachers <ul style="list-style-type: none"> ● Discuss with students ways in which they can be physically active around water and things that are important to remember about water safety. 		Planning Notes and Reflection	