

# Shipwrecked



Review ship related terms which will become the commands.

Teacher/Student leader acts as captain and calls out commands for students to follow.

Students perform these tasks on the spot.

- Bow – move to face the front of the class
- Stern – move to face the back of the class
- Starboard – hop on right leg
- Port – hop on left leg
- Mop the Deck – pretend to stretch out and mop a ship's deck
- Walk the Plank – take three hops forward on both legs
- Jellyfish – shake their arms and legs in the air
- Crow's Nest – hop on the spot with both hands flapping in the air (above the head)

**Variation:** Give students opportunity to add or change commands of the ship, cruise line, airplane, bus, etc.

## CURRICULUM LINKS:



**Language Arts: Oral and Visual Communication**

**Grades 4/5/6:** Follow instructions



**Health and Physical Education: Fundamental Movement Skills**

**Grades 4/5/6:** Perform locomotion/travelling skills in combination

► Try this activity in the foyer, atrium or hallway.



**EQUIPMENT:** CD player, DPA CD  
CD Tracks # 2, 7, 13