

Battleships

FMS Skills

Locomotor - running, + could change to other locomotor movements such as walking, jumping, hopping, skipping, side stepping, galloping etc.

Equipment

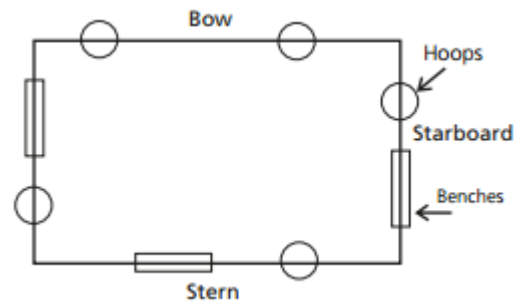
Benches or forms; hoops/cones (optional).

Area

Hall, grass, hard surface with line markings.

Formation

As in diagram – children start in the middle of the space and listen to caller.



Instructions

Teacher acts as caller - When a call is given all the children do the activity pre-arranged for that call, as quickly as possible. Teacher varies the length of time between calls.

Calls (use as little or as many as you want)

Bow – all children run to that end of the area.

Stern – all children run that side.

Starboard – all children run that side.

Port – all children run that side.

Torpedoes – all lie face down on the ground, legs together and arms at side.

Captains Coming – children stand to attention facing the teacher and salute.

Into the Lifeboats – sit cross-legged, arms folded across chest.

Row Boats In – teacher calls a number e.g. 4s, then players stand one behind the other in groups of that number.

Dive Bombers – children kneel down, bend their heads forward and cover their heads with arms.

Seagulls – children stand with legs apart, arms waving overhead.

Submarines – children lie flat on their backs, legs together, 1 arm raised vertically upwards.

Scrub the Deck – on hands and knees – scrubbing action.

Sharks – children run to the boundaries and get off the ground – onto a bench or into hoop.

Variations

- Change locomotor skills when moving.
- Instead of a battleship theme, use an animal theme and animal movements.

To make it easier

- Use only a few commands.
- Shorten the distance the players move.
- Have commands printed on card to hold up for visual learners

For even younger children (in particular under-fives)

- Change the battleship theme to easy directions that include a visual of where to run, e.g. playground on one side, bush on the other, grass area at one end and building on the other etc. or put different coloured objects on each side and end and call the colours.
- Have simple movements.

- Include only a small numbers of call options.

To make it harder

- Increase the number of calls.
- Increase distance they have to run. Changing the locomotor movement will make it harder for a lot of children.
- Increase speed between calls.

For more activities – check out the Kiwidex Manual which is also available on <http://www.sportnz.org.nz/managing-sport/tools-and-resources/teaching-resources>