



Game Details

- **Equipment Needed:** none needed
- **Skills:** Locomotor
- **Grades:** K-3
- **Game Type:** Warm Up, Group Activity

How to Play

Have kids start at any point in the gym, with the leader in the middle (in this case, the teacher). This is a call and answer type game, with the leaders giving instructions:

Ship: move to one side of the space

Shore: move to the opposite side of the space

Captain's Coming: everyone must stop and salute

Person Overboard: 2 people must come together, one on all fours, with the other person's foot in their back, looking off into the distance

At Ease: kids can do any movement

Hit the Deck: kids must get down onto the ground

Birds in the Sky: kids jump as high as they can

Octopus: kids must lay on their back and waves their arms and feet in the air

Modifications



Make it more of a challenge by including lots of running and jumping.

Make this game your own by inventing movements with your class!