

TOKYO TEN | 東京10



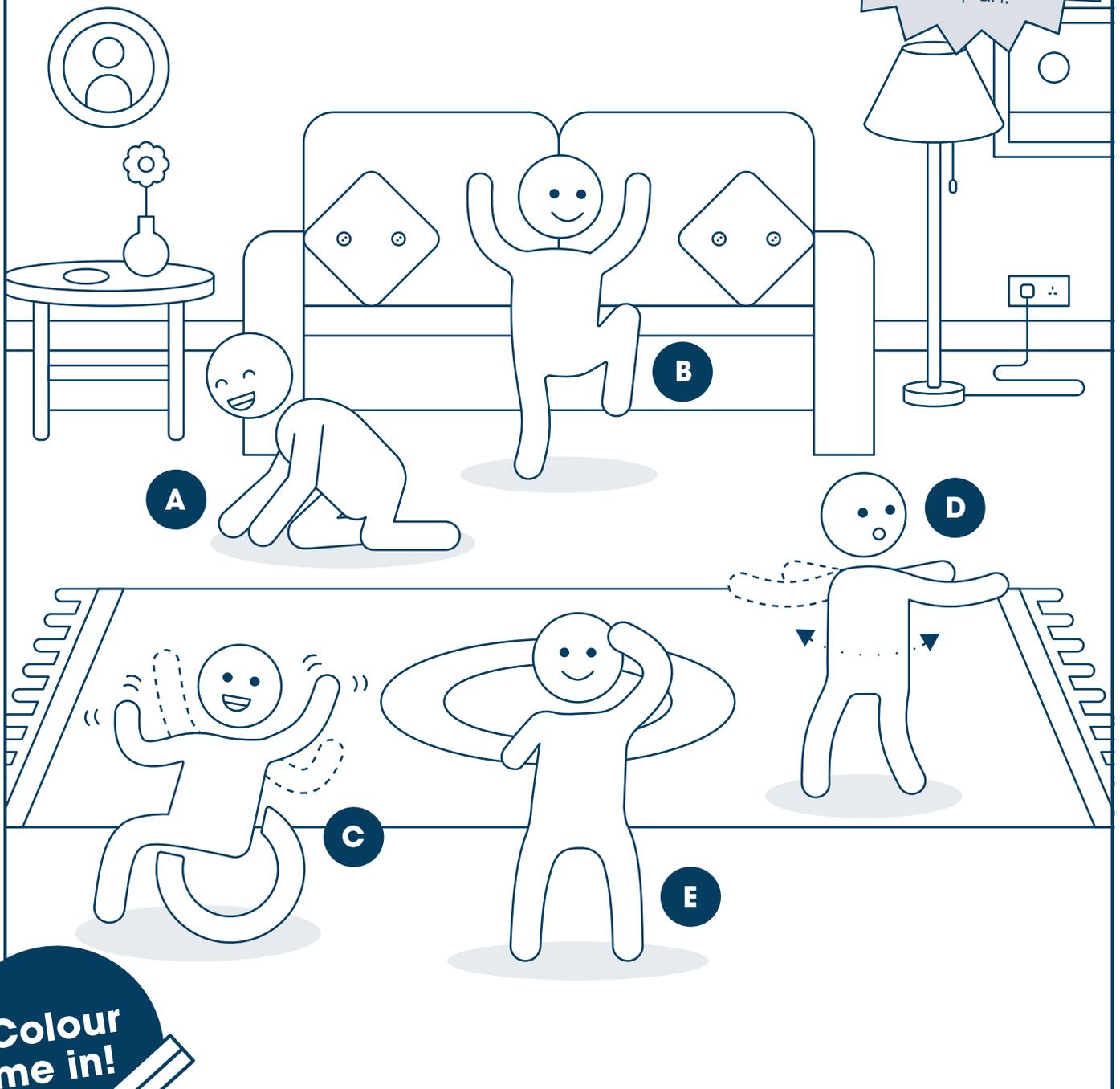
A 10-minute activity to get everyone moving!

PIRATES

海賊 | Kaizoku

Did you know?

One Piece - Wan Pisu - is a Japanese manga about magical pirates. It is one of the most famous comic books in Japan.



Colour me in!

10 Mins



PIRATES

海賊

Kaizoku

Adventure



Activity type

Home

Away

Indoor

Outdoor

Equipment

None

How to play



1

Agree who will be the captain. The captain gives orders that the other players – the crew – must follow;

A. Scrub the deck - bend down and pretend to scrub the floor.

B. Climb the rigging - stretch up and pretend to climb a rope ladder.

C. Dance the hornpipe - do a dance hopping from one leg to the other.

D. Bail the boat - swivel and pretend to scoop up water in a bucket.

E. Captain's coming - stop and stand to attention.

2

Practise the actions first. Then shout them in random order. Who can get them right every time?

3

Play for 2 minutes. Swap captains and play again.

Variations

- Have fewer or more orders.
- Make up your own actions.
- Add moving to the sides of the space: port (left), starboard (right), bow (front), stern (back).

Challenge yourself

- How quickly can you follow the orders?
- Can you put more effort into your actions?
- Can you keep going for longer?

What next?



Try something similar

sailing, surfing, canoeing, rowing



Try something different

basketball, football, hockey, goalball



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