



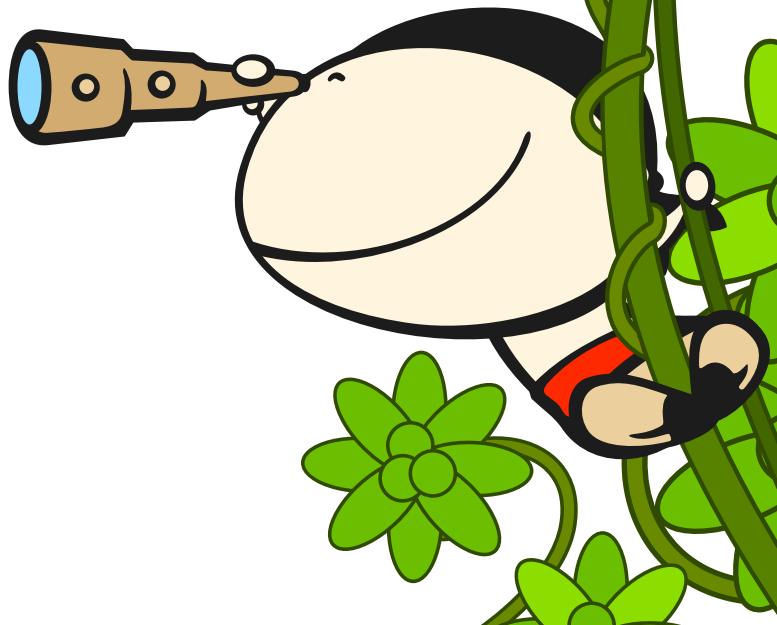
Family Active Zone

Family Active Zone is a fun, interactive programme for children and their families, which aims to encourage them to enjoy a fun, healthy and active lifestyle together. We believe that all children involved will become more confident, resilient, creative and determined individuals. Alongside physical improvement, and a healthier lifestyle, the programme provides the children with an opportunity to develop self-esteem build determination and improve their ability to co-operate and work well with others.

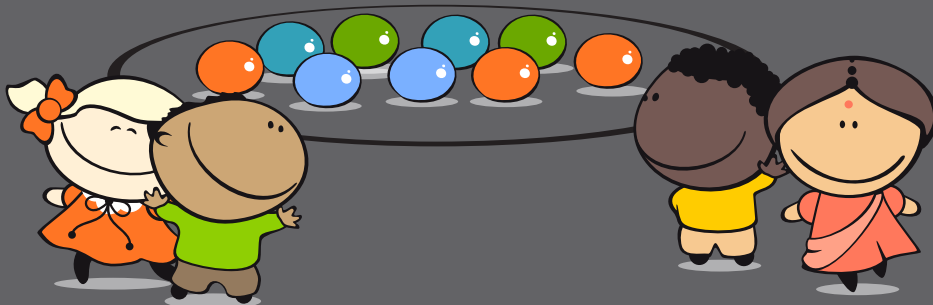
Our games are easy to set and up and you can adapt them to suit your family. You can easily incorporate the pirate theme into Easter. Whichever way you choose to play, we hope you have lots of fun!

Please feel free to upload any photos to your class/school pages for your teachers to see.
Please follow our facebook page - Happy Healthy Futures.

Happy Easter everyone!!



✦ Treasure Chest



How to Play

Split your family into fair teams of pirates and ask each team to stand behind one another about 2/3 metres from the treasure. Ensure all pirates are facing the treasure. On the command 'go' one pirate from each team runs to the middle, picks up a piece of treasure, runs back to their ship and places the treasure in it. As soon as the treasure is on the ship the next pirate is able to run to the middle to steal. When all of the treasure is gone from the middle, count the number of pieces of

treasure in each pirates' ship. Which pirate team is the winner?

Step 2

The game can then be repeated in the same way but when the treasure from the middle runs out, the pirate is allowed to steal a piece of treasure from another pirate's ship. The other pirates are not allowed to stop you from stealing from their ship. Stop the game and find out who your winning pirate is.

Adaptations & Progressions

Play the game as above but give the children an option of moving between the ships by either galloping or side stepping.



Pirate Pete Says...

How to Play

The leader shouts out different instructions starting the command with the words 'Pirate Pete says....' Instructions / commands could include:

- Run around – children run around in the area
- Jump on the spot – children jump 2 footed on the spot
- Scrub the deck – children kneel down and pretend to scrub the floor
- Climb the riggings – children to pretend to climb the ship's riggings.
- Captain's coming! – children to salute the captain.

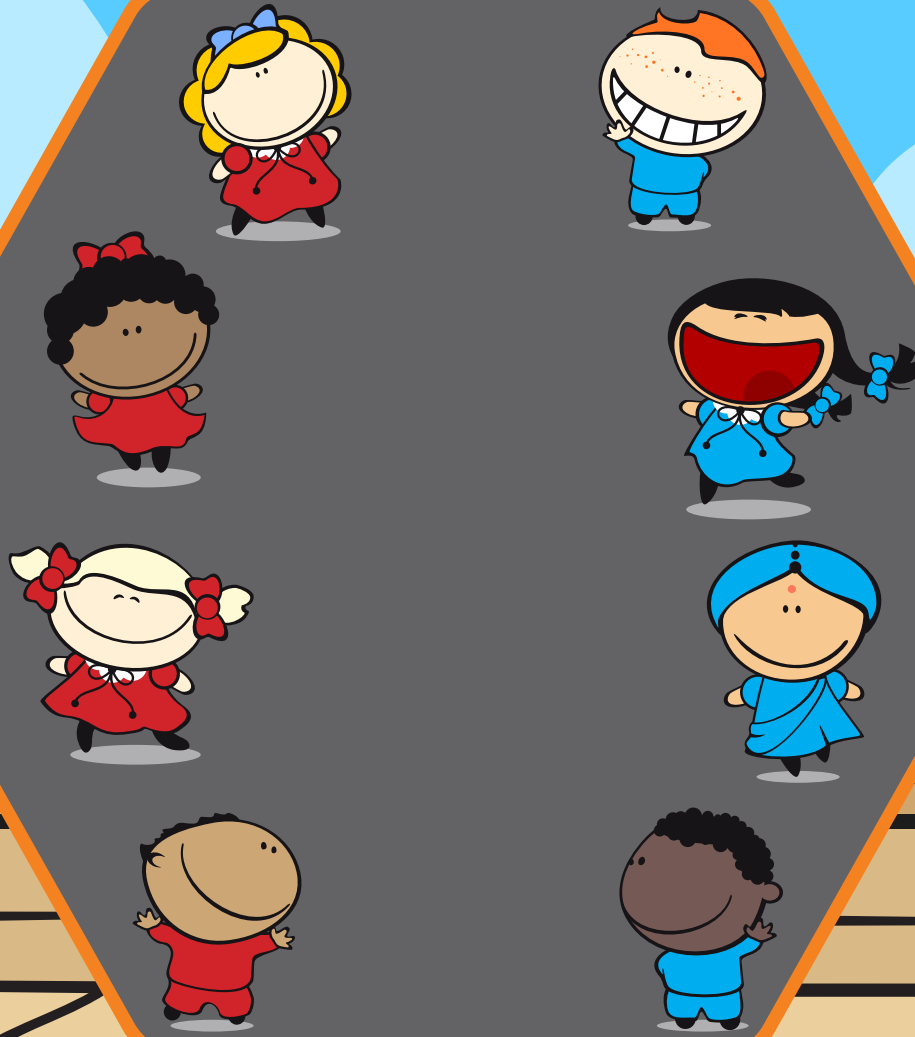
Once everyone have the idea of the game you can try to catch them out by missing 'Pirate Pete says....' from the start of the command. They should only follow the instruction if 'Pirate Pete says...' Who can you catch out?

Adaptations & Progressions

Use the parents or children to become Pirate Pete and shout out the commands



Pirate Ship Adventure



How to Play

How to Play: Captain Hook shouts different commands and the pirates must follow his orders as quickly as possible. Start the game simply by calling the 'red, blue, front or back' of the ship and the children must run to that side of the ship as quickly as possible. As the game progresses add more commands:-

Hit the deck: All children lie flat on their tummies

Cannon ball: Children stay on their feet and crouch down to avoid the bomb.

Sharks: Children use their hand to make a shark sign on their head and run around the boat avoiding bumping with other sharks.

Periscope up: Children lie flat on their back and put one leg in the air.

Captain's coming: Pirates to stand on one leg and salute whilst shouting 'Aye aye Captain!'

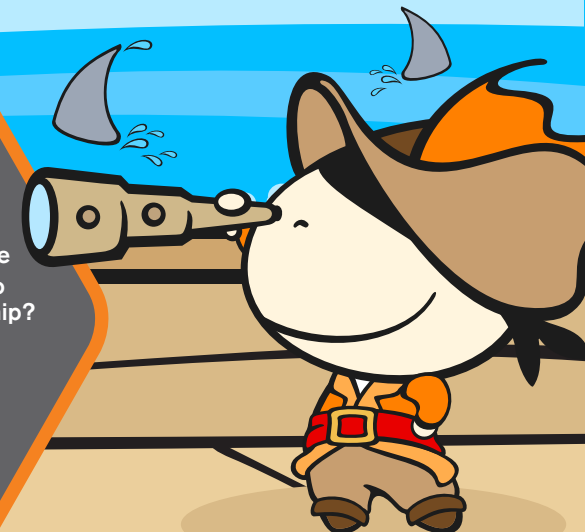
Climb the riggings: Children use their arms and legs to pretend to climb. How high can you reach? The riggings are really high!

Step 2

Children are to be giving a choice of galloping or side stepping when commanded to move around the ship.

Adaptations & Progressions

Harder: Can you help the children learn their right and their left by taking away the colours and asking children to run to the right or left of the ship?



Pirate Parrot Tag

How to Play

Tag - Select 1 tagger to go 'on it' and give them a cuddly toy to hold.

On the command 'go' the tagger must try and tag all of the others with the toy, tagging below shoulder height. When tagged the children/grown-ups must stand with their hands out at the side at a 90 degree angle to their body. The pirate can be freed by others running under their arms. ' Rotate the taggers after every game so everyone has a go.

Adaptations & Progressions

Players could crawl between the pirate's legs to free children/ grown-ups that have been tagged.



Find the Food

How to Play

Each family must find the hidden food and then identify what food is through sight, smell and touch. Once they have identified the food, families must identify which area of the 'eat well guide' the food belongs to. Once this is completed the families can repeat the game with different foods.

Adaptations & Progressions

Easier: hide the food so they are partially visible; helping the children keeps their attention on the game.

Harder: Can you hide the foods so the children have to really search for them?



THE TREASURE HUNT

SUNG TO WE ARE FOLLOWING THE LEADER

We're off to find some treasure,
Some treasure, some treasure.
We're off to find some treasure
I wonder what we'll find.

We need to cross this river,
This river, this river,
We need to cross this river
By hopping on these stones.

Repeat Verse 1

We must go round these trees,
These trees, these trees,
We must go round these trees
By dodging left and right.

Repeat Verse 1

We must avoid these branches,
These branches, these branches,
We must avoid these branches
By crouching very low.

Repeat Verse 1

Those creatures look very scary,
Very scary, very scary,
Those creatures look very scary
Let's run past them really fast.

Repeat Verse 1

We need to cross this ravine,
This ravine, this ravine,
We need to cross this ravine
Ready, steady, jump.

Repeat Verse 1

I think this is the spot,
The spot, the spot,
I think this is the spot
So dig down really deep.

HOORAY!

We've finally found the treasure
The treasure, the treasure,
We've finally found the treasure
It's time for us to go home.



A SHIP ADVENTURE

(Walking)

I went on a walk one day.
A walk one day?
A walk one day.
I went on a walk one day down by the sea.

I looked out to sea that day.
To sea that day?
To sea that day.
I looked out to sea that day, and guess what I could see.

I saw a ship a'sailing.
A ship a'sailing?
A ship a'sailing.
I saw a ship a'sailing, and a pirate ship it be!

(Climbing)

'Climb aboard,' the Captain said.
Climb aboard?
Climb aboard.
'Climb aboard,' the Captain said as he looked down at me.

(Rocking back and forth)

The ship started moving back and forth.
Back and forth?
Back and forth.
The ship started moving back and forth as we sailed out to sea.

'Ship ahoy,' the First Mate called.
The First Mate called?
The First Mate called.
'Ship ahoy,' the First Mate called as I drank my cup of tea.

(Jumping)

So we jumped aboard the other ship.
Jumped aboard?

Jumped aboard.
We jumped aboard the other ship and
OUCH! I banged my knee!

(Lunging)

There then ensued a sword fight.
A sword fight?
A sword fight.
There then ensued a sword fight as we rolled across the sea.

(Skipping)

Hooray! We won the treasure!
The treasure?
The treasure.
Hooray! We won the ensure. It's very shiny.

(Running)

It's time to go back now.
Go back now?
Go back now.
It's time to go back now as he pirates wave goodbye to me.



PIRATE SHIP

Actions in Brackets

When I was one (*hold up one finger*)
I sucked my thumb (*suck your thumb*)
The day I went to sea, (*make waves with a hand*)
I climbed aboard a pirate ship (*climb an invisible ladder*)
And the Captain (*salute*) said to me,
"We're going north, (*stomp foot in front of you*)
South, (*stomp foot behind you*)
East, (*stomp foot to the left*)
West, (*stomp foot to the right*)
And up the Irish sea, (*two hands beside each other, palms facing out, make an "up" motion towards your head*)
A bottle of rum (*drink from a bottle*) to fill my tum (*rub your belly*)
And that's the life for me!"

When I was two (*hold up two fingers*)
I tied my shoe (*tie your shoe*)
The day I went to sea, (*make waves with a hand*)
I climbed aboard a pirate ship (*climb an invisible ladder*)
And the Captain (*salute*) said to me,
"We're going north, (*stomp foot in front of you*)
South, (*stomp foot behind you*)
East, (*stomp foot to the left*)
West, (*stomp foot to the right*)
And up the Irish sea, (*two hands beside each other, palms facing out, make an "up" motion towards your head*)
A bottle of rum (*drink from a bottle*) to fill my tum (*rub your belly*)
And that's the life for me!"

Other Verses:

Three: scraped my knee (*brush your knee*)

Four: shut the door (*shut an imaginary door*)

Five: did the jive (*do a little dance*)

Six: picked up sticks (*pick up sticks*)

Seven: went to heaven (*point upward, act 'angelic'*)

Eight: closed the gate (*close an imaginary gate*)

Nine: stood in line (*look impatient*)

Ten: did it again (*look exasperated*)





FIVE LITTLE PIRATES

5 little pirates heading out to shore
One Jumped overboard
And now there are 4

4 little pirates heading out to sea
One stole all the Captain's gold
And now there are 3

3 little pirates with not a lot to do
One was made to walk the plank
And now there are 2

2 little pirates having lots of fun
One drank all the first mate's juice
And now there is 1

1 little pirate sitting in the sun
He decides to abandon ship
And now there are **none**



Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	5g	1.3g	34g	0.9g
12.5%	LOW	LOW	HIGH	MED

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS