Ready
• 4 cones (for boundaries)
• Music and player
• 1 hoop per student (optional)

Set
• Create large (30X30 paces) activity area.
• Scatter students within area.

GO!
1. Today we are going to pretend we’re on a big boat called The Good Ship SPARK. Are your sea legs ready?
2. I’m the Captain, so anytime I say “March!” respond by saying “Aye-Aye, Captain!” and march around our “top deck” (activity area). Be careful not to “fall overboard” (go outside our boundaries).
3. (Practice with “March!” until students respond correctly; then add on the following cues 1 at a time, frequently interspersing March as your base command.)
4. Challenges for Ks
   • Shipwreck = Fall down.
   • Iceberg = Freeze.
   • Drop Anchor = Sit.
5. 1st graders add
   • Swab the Deck = Pretend to mop the floor.
   • Shark = Make a fin with a hand on head and move at a low level.
   • Ship Ahoy = Stand at attention and salute.
   • Hoist the Anchor = Pretend you’re pulling a rope.
   • Torpedo = Run in a scattered pattern.
6. 2nd graders add
   • Sardines = All students move to stand close together
   • Walk the Plank = Take 3 steps, jump up; then sink to the floor/ground.
   • Man Overboard = Find a partner, 1 lay on stomach and the other stand over, pretending to look for a missing person. Switch.
   • Lifeboat = Form a group of 3, sit in a line close together, legs straddled with everybody “rowing” together.
7. **Wrap It Up**

- Does anyone have a parent who has ever been in the Navy or any other branch of our military?
- People that protect us have to be fit and healthy. Sailors workout regularly as part of their jobs. Can you name another profession or job that has to stay really fit? (Police, Firefighters, PE teachers, etc.)

**SPARK** IT UP!

**Ship Talk – Directions**

I’ll add more ship talk to our Good Ship SPARK game 1 at a time. Move in the direction of the command.

- Bow = Straight ahead/the front of the ship.
- Stern = Backward/ the rear of the ship.
- Port = Left side of the ship.
- Starboard = Right side of the ship.

**Shark Attack!**

(Scatter hoops, i.e., “ships,” within the area and have each student, i.e., “Sailors,” stand in 1 except whoever you designate to be the “Shark.”) When you hear, “Sailors swim!” all Sailors run to a new ship (hoop). If tagged by a Shark, the Sailor becomes a Shark and helps capture other Sailors. I’ll remove a hoop each time another Sailor becomes a Shark. *(Play until there are only a couple of Sailors left; then begin again with them as the Sharks.)*
TONY’S TIPS

- It’s helpful to have a white board or flip chart to write the easy, short words on to help students remember.
- This is a good lesson to play fun marching music. Anything by John Phillip Sousa or a military hymn works well.

Vocabulary
There are many new words introduced in this lesson. Choose several you want to follow up on.

NOTES

STANDARDS ADDRESSED

- **NASPE**
  #1, 2 Spatial and body awareness, locomotor skills, non-locomotor skills
  #3, 4 Participates in enjoyable, challenging activities, aerobic capacity
  #5, 6 Participates, appreciates, enjoys movement, cooperates in a group setting

**Your State** (Write in here)

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We said that people who serve in our military and other professions have to be physically fit to do their jobs well. But we know they have to eat right, too. Some foods are much healthier than others. Foods that are not healthy for you are called “junk foods.” Who can name a junk food? You may eat them on special occasions, but you shouldn’t eat them everyday.

*(Read the book Berenstain Bears and Too Much Junk Food by Stan Berenstain. Discuss and plan healthy snacks students can bring to school.)*