

PE- Who is the family Captain?

This game will need more than 1 player, it is a great game to play with the whole household.

It is important that all members of the house get some form of exercise everyday!

Try to encourage all to join in.

But make sure you are choosing the correct time (not during the middle of a meeting!)

You may need to wait for the weekend.

Captain, yes captain

To play, you first select a “captain”.

The captain yells out orders and the crew have to follow the orders.

Here are the orders:

- Bow:** Run to the front of the boat (front of room)
- Stern:** Run to the back of the boat (back of room)
- Port:** Run to the left side of the boat
- Starboard:** Run to the right side of the boat.
- Hit the deck:** Lay down on your stomach
- Salute:** Salute and yell, “Aye, aye captain!”
- Scrub the deck:** Drop to your knees and pretend to scrub the floor.
- Captain’s quarters:** Everyone ran towards the captain.
- SHARK!:** Everyone must run to a designated base. The last player to the base is eliminated

