Move it Monday Activity Card

Ahoy me hearties! Get ready for the week with our Pirate Warm-up!
Shout out these pirate moves in any order and do the moves – try and keep going for 2 minutes

Port! Run to the left

Starboard! Run to the right

Climb the Rigging! Pretend to climb a rope

Scrub the Deck! Down on your hands and knees

Rats Aboard! Quick feet

Brush the Deck! Pretend to sweep

Shark Attack! Wave your arms in the air

Man Overboard! Jump up and down

Captain’s Coming! Stand and salute