

# Pirate Themed Walk



Government advice currently states that families are allowed out once a day for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.

Aye aye captain, shiver me timbers. Use these playful ideas to have a swashbuckling adventure!

### Keep a log of your Journey

How many people did you see?  
Did you know them?  
How many steps did you walk?  
What was the weather like?

### Before you set sail...

- Make your own pirate gear, don't forget your eye patch
- How about making a telescope to spot other pirates
- Create a family pirate flag

### During your voyage...

- Find a plank to walk
- Sing a sea shanty
- Find some treasure—look for leaves, petals, pine cones, rocks, grass and daisies.
- Find a great hiding spot for your treasure and return in a couple of days to see if anyone found it
  - Hop like you've got a wooden leg
  - Greet everyone you see by saying Arr my hearty!
  - Find a stick to swing like a sword

### When you return to shore...

- Make a map so you know how to get back to your treasure
- Create a pirate ship from stuff in your house (cardboard boxes, sheets).

Can you speak pirate?

Arrr Ahoy matey Savvy?  
Loot Pieces of eight



### Important

Adhere to social distancing guidelines during any daily exercise.  
Remain at least 2 metres away from other people at all times