

## Tuesday:

### How to track a shark

<https://www.facebook.com/atlanticwhiteshark/videos/222787022272949/>

### Captain's orders

Captain's Orders is the perfect choice for a competitive group of kids who want to outdo each other. It can really test your student's endurance levels and improve their fitness. The game begins with one person being nominated to be the "Captain". They must give out commands to the crew (the rest of the PE class).

The Captain is limited to a set of commands, which you can alter if you have specific fitness objectives for the class to reach. You could use a mixture of fun commands and physically demanding ones, like:

- **Captain's coming**  
The crew must salute the captain and stand at attention
- **Run to starboard/port**  
The crew must run to the left (port) or right (starboard) sides of the room and touch the wall.
- **Scrub the deck**  
The crew must do 10 pushups
- **Man the lifeboats**  
The crew will perform 10 sit-ups while moving their arms like oars

You could have the crew members stand at attention after completing each task, which will make the more competitive students attempt to beat each other. After a few minutes, change captains so a few children get a chance to be in command.

### High Tide Low Tide

- Played like red light green light

### Ocean portal games

<https://kids.nationalgeographic.com/explore/ocean-portal/>

## Wednesday:

### Ocean Mural