

Sea and Learn – Lesson Plan: A Sailor's Life at Sea

Key Stage: One

National Curriculum Links: 1a, 1b, 4b, 5a, 6a, 6b

Main Subject Focus: Physical Education

Learning Outcomes:

Children will:

- Have an understanding of some sailor's duties onboard HMS Victory.
- Be able to perform some of these duties in a class dance, which includes changes of speed, level and direction of movement.
- Have opportunities to experiment with a wide range of actions.
- Have an opportunity to perform their dance to an audience.

Resources Required:

- Whiteboard and pens
- Music with a sea theme
- Warm Up/Down music (if desired)
- Change of kit

Lesson Structure:

1. Make sure you are changed into an appropriate PE kit so that you can take an active role in the lesson.
2. Begin the lesson by discussing the duties a sailor might undertake on-board HMS Victory (See Teacher's Notes). Make a list of keywords on the whiteboard.
3. Now lead an appropriate warm up. This should include some slow stretching and a cardio work out.
4. Once children are warmed up and ready to work, ask the children to find a space of their own and ask them to make up an action for one of the duties you listed on your whiteboard. You may wish to go through the list one by one. Suggest to the children that they make their movements large and exaggerated – demonstrate this to help them.
5. Let the children experiment with the movements for each duty before asking them to share their ideas with the rest of the class.
6. Now introduce the music and ask the class to listen to a short extract of it before asking them to find a space once again so they can perform each of their sailor's duties movements to the music. You may wish to shout out each duty in turn, so that the children all change at the same time.
7. Now choose just one of the children's ideas for each duty, for the whole class to perform, e.g. pulling up the anchor, scrubbing the decks etc. Practice each duty as a class before you play the music once again.

8. As you perform your class dance, you may wish to shout out each duty so that the children all change at the same time or as you count in time to the music, ask the children to change e.g. '1, 2, 3, change, 1, 2, 3, change'
9. You may wish to split your class into 2 groups so the children have an opportunity to perform their dance to each other before the end of the lesson.
10. At the end of the lesson, an appropriate warm down should be taken. This should include some stretching once again and some calm exercises that focus on breathing and relaxing the body, including a slow walk. You may wish to use some calm music at this point.

Sea and Learn – Teacher's Notes (1)

Jobs on-board HMS Victory

MONDAY

The men are to wash their clothes in the morning and drill with the great guns in the afternoon.

TUESDAY

In the morning the hammocks are to be scrubbed, Marines to exercise with muskets. In the afternoon the seamen's' bedding was to be aired.

WEDNESDAY

The boats sails are to be scrubbed, exercise reefing and furling sails. In the afternoon the great guns to be exercised.

THURSDAY

The men are to clean themselves and their clothes and be inspected by the Officers. In the afternoon the men will make and mend their clothes.

FRIDAY

The men will wash their clothes and the great guns will be exercised both in the morning and afternoon.

SATURDAY

The fire pump is to be used to wash down the poop deck. If the weather is dry the lower deck and orlop deck are to be scrubbed.

SUNDAY

The men are to draw clean hammocks then to dress in their best clothes to be inspected by their Officers. After this, except for any emergencies, the men would have the rest of the day to themselves.

Every day there were jobs to be done. Cooks of the messes would collect that day's victuals (food) from the stores which was then prepared ensuring that it arrived in time to be cooked for lunch. Around the ship other tasks would be going on like pumping the water out of the ship's bilge or washing the overhead beams with vinegar to disinfect the insides of the ship. At 11am (1100) it was compulsory that everyone witness that day's punishment on the Quarterdeck where a man could be flogged with the cat-of-nine-tails.

Information from: Peter Green, Admiral Lord Nelson & HMS Victory 2004

Suggested Music

A Life on the Ocean Wave – Royal Marines Band