

# Captain's Coming!

## Simple Instructions (Grades PK-4)

In this simplified version of "Captain's Coming!" students learn some nautical vocabulary, understand that commands came from the captain, and expend some pent up energy as well! It's a useful break in the day to get the blood flowing or as something to do between transitions or while waiting as a group.

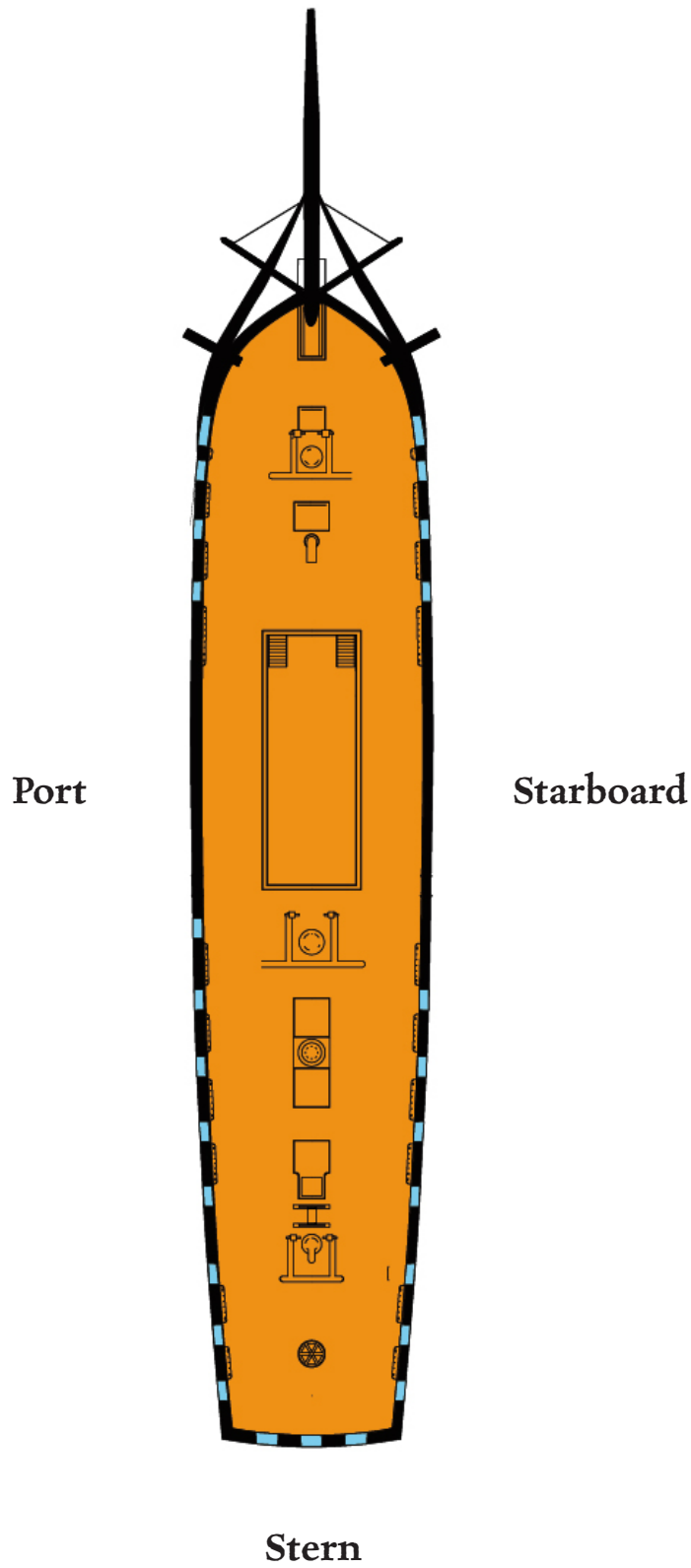
### Instructions:

- Start with yourself as the Captain. As the game progresses, you can choose students to take turns being the Captain.
- Find a wide open space to play the game (moving furniture in the classroom, gym, outside)
- Use tape or other objects to make a large outline of the deck of *Constitution* (see below).
- The Captain calls out commands from the list below that his or her crew must quickly follow. Crewmembers who don't follow the command or complete the wrong command are out! (Similar to "Simon Says")
- After a "Captain's Coming" command, they may not move on to any other command until they first hear "At Ease!"
- Start by teaching a couple of commands at first and add more as students become familiar with the actions.

### Commands:

- **"Captain's Coming!"**: The crew must stop where they are and stand at attention (feet together, arms at your side, and stand up straight) until they hear "At Ease!"
- **"At Ease!"**: The crew stands with their feet apart and hands clasped together behind their backs
- **"Man Your Boats!"**: The crew must line up single file in the middle of the ship area and pretend to row
- **"Holystone the Deck"**: The crew gets on their hands and knees and pretends to scrub the floor
- **"Seagull"**: The crew should duck and cover their heads
- **"Get Sick!"**: The crew leans over the side of the ship area and pretends to throw up.
- **Call the crew to . . .**
  - Starboard (right) side
  - Port (left) side
  - Bow (front of the ship)
  - Stern (back of the ship)
- Add other commands, like "salute," "look through a telescope," "climb the mast," etc. Be creative!

Bow



Port

Starboard

Stern