



MPG Skill of Focus: AHOY HANDSTANDS

Theme: Pirates

This week's warm-up is going to be so much fun! Coaches and students will act out the song "If You Want to Be a Pirate" by The Kiboomers, then use any remaining time to practice gymnastics lunges and lunge donkey-kick handstands together.

IF YOU WANT TO BE A PIRATE SONG LYRICS

If you want to be a pirate, swab the deck (swish, swish)

If you want to be a pirate, swab the deck (swish, swish)

If you want to be a pirate REALLY want to be a pirate

If you want to be a pirate, swab the deck (swish, swish)

If you want to be a pirate, walk the plank...(stomp, stomp)

If you want to be a pirate, walk the plank...(stomp, stomp)

If you want to be a pirate REALLY want to be a pirate

If you want to be a pirate, walk the plank... (stomp, stomp)

If you want to be a pirate, dig for treasure! (Dig, dig!)

If you want to be a pirate, dig for treasure! (Dig, dig!)

If you want to be a pirate REALLY want to be a pirate

If you want to be a pirate, dig for treasure! (Dig, dig!)

If you want to be a pirate, shout "Ahoy!" (Ahoy!)

If you want to be a pirate, shout "Ahoy!" (Ahoy!)

If you want to be a pirate REALLY want to be a pirate

If you want to be a pirate, shout "Ahoy!"(Ahoy!)