

Captain's Coming Aboard/Wild West Geese Theatre Handbook

Ensure that everyone is set socially distant from each other before beginning the activity. The Leader introduces a series of commands that have associated sounds and actions:

Captain's Coming Aboard: Snap to attention, salute and whistle

Sharks!: Place one hand vertically on head as a fin and stand on one leg while doing theme from Jaws

Seagulls Overhead: Cower, hands covering head and give a high pitched yell

Scrubbing the Decks: Make motion of scrubbing the decks and sounds

Man Overboard: Wave goodbye and say bye

Climb the Rigging: Mime motion of climbing the rigging

Hornpipe: Cross arms on chest and do a sailors jig

Seasick: With the obvious gestures and sound

When everyone has practised the commands, call them out one by one. The whole group must energetically perform the appropriate action with as quick a response time as possible. After a practice the slowest members get eliminated to judge the others.

As Wild West

Quick Track: Draw two pistols, fire, blow away the smoke. Twirl the guns and re-holster

Lasso: Swing mimed lasso around head and throw it as if roping a calf

Gold Nugget: Spot nugget, pick it up and raise it above heads with a cry of Yeehaa

Gravedigger: Mime digging with suitable digging sound effects

Hoe Down: Grasp one's lapels and dance a jig

Whiskey Barman: Pour a shot of whiskey while saying glug glug glug, then slide it down the bar with a whoosh

Spittoon: Mime spitting into a spittoon by saying ping as it hits the side

Ride em Cowboy: Ride a galloping horse while 'dum da da-ing' the Lone Ranger.