

# Fire Safety Week

**Equipment:** Beam, things to crawl over/under (domes, small cones, tall hurdles from track, jump rope in tall cones, etc), pool noodle,

**(4 Minutes) Introduction:** Stop, drop and roll-for when clothes are on fire. Make sure to stress this bc sometimes kids just think any fire=stop drop and roll. Stay Low and GO!-for when there's smoke because smoke makes us cough and we want to be able to see. Finding Safety is Key-don't open doors without feeling them for heat and find windows and call/wave for help. Don't Hide-mom/dad or the firemen can't find you to help you if you're hiding! Practice a fire drill-pretend the fire alarm goes off at home (bc schools have their own evac protocols we don't want to confuse them) and we all have to crawl around our "bedrooms" bc of the smoke, find and feel a door-if it's "hot" we have to find another way, crawl around some more until we find a window and call for help. Then practice stop drop and roll (making sure to do log rolls and not forward rolls!)

## **(12 Minutes)**

- 1) Forward roll to squat-"feel the door" and then when it's "hot" backward roll away from it
- 2) Cartwheel challenge over "fire" using a red/orange dome or cone-If they knock it over they have to stop drop and roll. Start with a small "fire" and as they come around again and again, raise it higher and higher challenging them to kick higher and higher

Side activities: set up a crawl station where kids have to crawl over dome/cones etc or under hurdles/jump ropes in cones etc, pony/straddle kick practice over "fire" dots, tuck or straddle jump over "fire" dome or cone, water throw-have kids throw bean bags of "water" into buckets or upside down domes to put out the "fire,"

## **(12 Minutes) Beam**

- 1) Squat mount, bear crawl trying to stay really low, at the end of the beam pushing down with hands flank feet to the floor
- 2) Jump mount holding the pool noodle "fire hose" and walk sideways in grapevine while "putting out the fire" with the hose. Straight body jump dismount
- 3) Straddle mount, releve walk forward to end, pretend to "feel the door for heat" and then walk in releve backwards

Side activities: bunny/straddle hops over a line of domes or small cones, use a parallette to review hollow bodies and after kid is stretched in a hollow have them try to releve walk their feet from one side (where they feel heat so they have to go) to the other side keeping their arms strong, smokey squat jumps-have them crawl from dot to dot and when on a dot jump up to check the "air for smoke" and squat back down really fast to get away from it.

**(5 Minutes) Ending Activity:** Stop Drop and Roll freeze dance-play music and when music is stopped, everyone has to Stop, Drop, and Roll on the floor before music starts back up again. Make sure one both of you are actively dancing and doing the stop drop and roll with them, don't just stand there like goons.

Last couple of minutes should be used for stamps etc