

FITNESS & FUNS

LESSON 1

Learning Intention: How can you keep fit like a fire fighter?

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping and skipping

Resources:

Climbing wall
Agility table
Mat
Throw down strips and spots
Cones
Scarf
Bench
Hoop
Cat cards

5 small teddies (activity 6)

Main activity: Children rotate around stations (please note 4-6 are a repetition of 1-3). 3-4 minutes on each station

Warm up : Fire Fighters

Teacher to explain to the children that they are going to be Fire Fighters in today's lesson.

If the apparatus are already out, you can complete these activities with each child standing on a spot

Children to listen and follow the instructions:

Get dressed into your uniform- Children to get their fire fighters outfits on as quickly as possible

Drive your fire engine- Children to imagine they are driving a fire engine

STOP, DROP and ROLL = This is for safety if ever your clothes are on fire. **STOP and DROP** to the ground, one full **ROLL** one way, then roll back again. (Break this down and practice each one)

Climb the ladder- Stand on the spot and climb the ladder

Put out the fire- Run around in different directions/on spot with a pretend hose and put out the fire

Jump over the puddles- Jump with 2 feet over the puddles/spots

999: Children jump up and down three times and call out "999!"

- Move energetically- Running
- Move energetically- Skipping
- Move energetically- Hopping
- Move energetically- Jumping
- Negotiate space



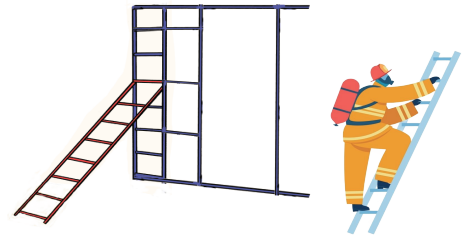
Station 1: Climb up the ladder

- ✓ Demonstrate strength,
- ✓ Climbing

Children to climb carefully up and down the ladder - Imagining they are fire fighters

Safety: Ensure teacher is positioned by this station
: You can put a scarf/ribbon to show how high they can climb

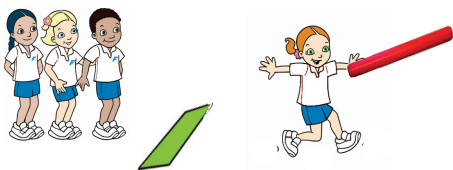
Note: If you do not have wall bars you can use any climbing apparatus e.g. bench, box-top



TP: Watch where you are going, use your feet to help push you up

Station 2: Put out the Fire

- ✓ Move energetically- Running
- ✓ Skipping, Hopping, Jumping



Children to imagine they are running to put out a fire- they are to encourage their team

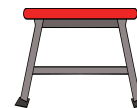
- 1) Start behind the line
- 2) Child at the front to hold a noodle/relay baton
- 3) Run and put the fire out - count to 5
- 4) Run back and pass on the fire hose (noodle/relay baton)

TP: Look forward when running

Make it harder: skipping, hopping and jumping

Station 3: CRAWL UNDER the smoke

- ✓ Negotiate Space and obstacles safely



Stop, drop and roll on mat Keep low and crawl under apparatus

Children to imagine they are keeping low (under the smoke) - they are crawling out of the building. Explain to the children that smoke rises and it is safer to stay low to the ground.

- 1) Start behind the line.
- 2) On mat Stop, Drop and Roll
- 2) Crawl along the floor, under the smoke
- 3) Crawl under the apparatus
- 4) Run back and then start again

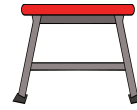
TP: Keep low to the ground, can you use your arms to pull yourself along?

Station 4: Practice climbing OVER

- ✓ Demonstrate strength,
- ✓ Climbing

Children to climb carefully over the apparatus
- Imagining they are fire fighters

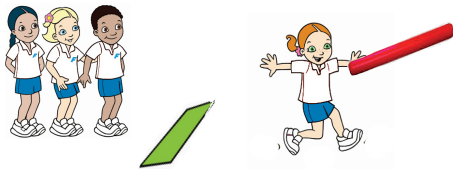
Safety: Ensure teacher is positioned by this station
: You can put a scarf/ribbon to show how high they can climb



TP: Watch where you are going, use your feet to help push you up

Station 5: Put out the Fire

- ✓ Move energetically- Running
- ✓ Skipping, Hopping, Jumping



Children to imagine they are running to put out a fire- they are to encourage their team

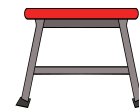
- 1) Start behind the line
- 2) Child at the front to hold a noodle/relay baton
- 3) Run and put the fire out - count to 5
- 4) Run back and pass on the fire hose (noodle/relay baton)

TP: Look forward when running

Make it harder: skipping, hopping and jumping

Station 6: Save the teddy- Crawl UNDER

- ✓ Negotiate Space and obstacles safely



Stop, drop and roll on mat Keep low and crawl under apparatus

Children to imagine they are keeping low (under the smoke) - they are crawling out of the building with their teddy. Explain to the children that smoke rises and it is safer to stay low to the ground.

- 1) Start behind the line.
- 2) On mat Stop, Drop and Roll
- 2) Crawl along the floor under the smoke
- 3) Crawl under the apparatus
- 4) Run back and then start again

TP: Keep low to the ground, can you use your arms to pull yourself along?



Healthy Me

Fire fighters have to keep fit and strong to do their job well.

In today's lesson we kept fit and strong by:

- Running
- Jumping
- Skipping
- Hopping
- Balancing
- Crawling
- Climbing



When do you think a fire fighter would use: Running? Jumping? Balancing? Climbing? Crawling?

Well done today you have earned your PPP Fire Fighter Fitness Star!

COOL DOWN :

Children to jog around slowly - imagine they are driving home from their days work. Walk home. Lay down and go to sleep (count down for the children to lay down slowly)

PLENARY

What was your favourite part of the lesson? What activities did you do to keep fit? Which one was your favourite?