

FITNESS & FUNS

LESSON 2

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:

Throw down strips and spots

Cones

Bench

Hoop x 4

Cat cards

Scarves x 10 (activity 2 and 5)

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 continue to be Fire Fighters in today's lesson.

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

Move energetically- Running

Move energetically- Skipping

Move energetically- Hopping

Move energetically- Jumping

Negotiate space

Get dressed into your uniform- Children to get their fire fighters outfit 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 the 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!"



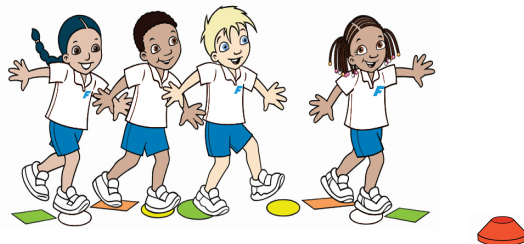
Station 1 : Hot Spots



Demonstrate , balance and co-ordination.

Children to step on the spots - they must stay on the spots and not touch the floor) imagine the floor is very hot!

- 1) Start behind the cone
- 2) Children to step on the spots following each other
- 3) Run back to the cone and repeat.



TP: Arms out to help you balance, look forward.

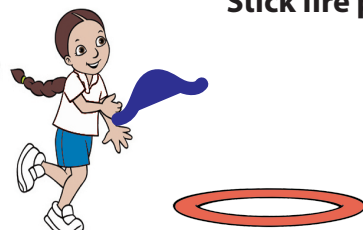
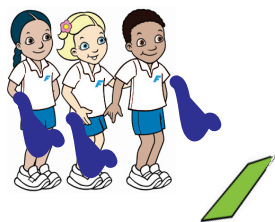
Station 2: Put out the fire



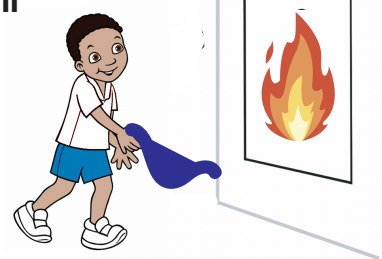
Negotiate Space



Move energetically- Running



Stick fire picture on the wall



- 1) Start behind the line, climb through the first hoop (tunnel) and run to the next one
- 2) Climb through the next hoop, put out the fire with the scarf (count to 5)
- 3) Run back to the cone and repeat.

Station 3: Save the cat



Demonstrate strength, balance and co-ordination.

Children to move around the obstacle course

Note: you could use beanbags or teddies



1. Balance along bench



2. Hop/jump on spots



Start behind the bench

- 1) Balance along the bench
- 2) Hop on each spot
- 3) Pick up a cat - put in basket (hoop)
- 4) Run back and start again
- 6) How many cats can you save?



4. Place cat card in hoop/basket



3. Save a cat

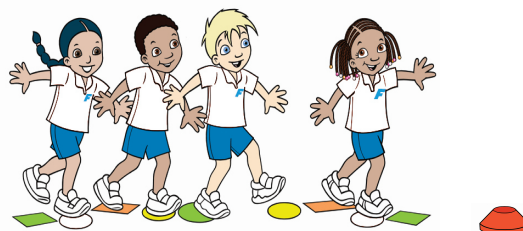
Station 4 : Hot Spots



Demonstrate , balance and co-ordination.

Children to step on the spots - they must stay on the spots and not touch the floor) imagine the floor is very hot!

- 1) Start behind the cone
- 2) Children to step on the spots following each other
- 3) Run back to the cone and repeat.



TP: Arms out to help you balance, look forward.

Station 5: Put out the fire



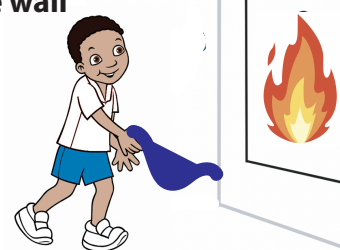
Negotiate Space



Move energetically- Running



Stick fire picture on the wall



Extension: throw a blue bean bag at the fire.

- 1) Start behind the line, climb through the first hoop (tunnel) and run to the next one
- 2) Climb through the next hoop, put out the fire with the scarf (count to 5)
- 3) Run back to the cone and repeat.

Station 6: Save the Dogs



Demonstrate strength, balance and co-ordination.

Children to move around the obstacle course.

Note: you could use beanbags or teddies



1. Balance along a bench or beam



Start behind the bench

- 1) Balance along the bench
- 2) Hop on each spot
- 3) Pick up a dog - put in basket (hoop)
- 4) Run back and start again
- 6) How many dogs can you save?



4. Place dog card in hoop/basket



2. Hop/jump on spots



3. Save a dog



Healthy Me

What fitness or sport activities do you take part in? Do you swim, dance, play sports?

How do you feel today after exercising?

Do you know that exercise makes you feel happy?

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?