

Name/Title: Fire Safety Stations

Purpose of Event: To reinforce fire safety concepts.

Activity cues: Jump •Bend knees and hips •Swing arms hard •Push off the ground with the balls of feet Land •Bend knees and hips for “Quiet Landings” •Land on balls of feet

Prerequisites: 1. Students should be familiar with National Fire Safety Prevention Week. 2. Students should have practiced and be familiar with Stop, Drop, and Roll. 3. Students should have practiced and be familiar with "cues" for jumping and landing.

Suggested Grade Level: K-2

Materials Needed: 5 station pictures, 5 2 lb. exercise balls, 8 mats, fire hose, set of tents, 5 stuffed animals, [Full Lesson Plan](#) (PDF).

Description of Idea

Read the information and demonstrate each fire safety station.

[Click here for the Full Lesson Plan](#) (PDF)

Students will move from one station to the next focusing on “fire safety” concepts. Use the sound of a fire engine siren to let students know when it is time to move (signal every 3 minutes).

In firefighting, the policy of two-in, two-out means that firefighters never go into a dangerous situation alone. There should always be (at least) two firefighters together when they enter a location and one of them cannot come out of the situation unless both come out. Therefore, assign at least two to each station.

Station 1: FIREMAN FITNESS

Firefighters need to be fit!

Carry the ball and walk/jog around the outside of the activity area to get fit.

Station 2: STOP, DROP, AND ROLL

To put out burning clothing, take these three steps:

Stop

Don't run or wave your arms. Movement will fan the flames and cause the burns to be more severe.

Drop

Get on the ground quickly and cover your face with your hands.

Roll

Smother the flames by rolling over and over. Pay attention to what's burning and focus on putting out that area of your body.

Practice stop, drop, and roll on the mats. When the person in front of you stands, the next person can take their turn.

Station 3: FIRE SAFETY JUMP

It is sometimes necessary to jump for safety during a fire. Jumping and Landing cue card:

Jump

- Bend knees and hips
- Swing arms hard
- Push off the ground with the balls of feet

Land

- Bend knees and hips for “Quiet Landings”
- Land on balls of feet

Practice jumping safely by standing on top of stacked mats and jumping to the single mat. When the person in front of you leaves the mat after landing, the next person can take their turn.

Station 4: FIRE HOSE RUN

Firemen have to work as a team to carry heavy water hoses when putting out fires.

Practice carrying a fire hose and include each person in your squad. Zig-zag between the cones pretending that the cones are small fires—put them out!

Station 5: RESCUE 911: STAY LOW AND GO

Firefighters rescue people and animals. They have to be careful not to breathe in smoke. Smoke naturally rises. So, if firemen see smoke, they drop to the floor and crawl on their hands and knees in order to stay low (go underneath the smoke).

Practice rescuing an animal by crawling on your hands and knees through the tents. “Stay low and go”.

Assessment Ideas:

Checklist noting stations that students need more information to understand safety concepts. See the full lesson plan above for this.

Submitted by **Melissa Humphrey** who teaches at Baltz Elementary School in Wilmington, DE. Thanks for contributing to PE Central! **Posted on PEC: 11/24/2010.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!