Physical Fitness along the Natchez Trace Parkway

Classroom or On-site Lesson: Fire Safety (Code:PEK2)



> Grade:

Kindergarten-2nd Grade

Subject Areas:

Physical Education Health/Safety

Setting:

Scenic Trail Head or Open Grass Area (such as Chickasaw Village Site) or School Gym or Activity Building

> Duration:

Est. 30-45 minutes

> Skills:

Teamwork Body Fitness and Space Awareness

> TN Objectives:

1.2.1, 1.2.2, 1.2.3, 2.1.1, 2.1.2, 3.2.1, 3.2.2, 4.2.1, 4.2.2, 5.1.1, 5.1.2, 6.2.2 **Summary:** Students will learn about fire safety and play a game that is integrated with knowledge they have learned.



Materials Needed: different color hula hoops (Enough for a class to be divided into groups of five, different color hoop per group).

Instructional Information

TN Objectives: 1.2.1 Demonstrate change of direction in personal and general space. 1.2.2 Demonstrate a clear contrast between slow and fast movements while traveling in different directions in general space. 1.2.3 Demonstrate a variety of locomotor skills in personal and general space. 2.1.1 Move from general space back to personal space on command. 2.1.2 Identify locomotor and nonlocomotor skills when demonstrated. 3.2.1 Participate without hesitation in physical education class. 3.2.2 Participate outside of class in minimally organized physical activities. 4.2.1 participate in a variety of activities that increase breathing and heart rate. 4.2.2 Participate in activities that require muscular strength and/or flexibility. 5.1.1 Start and stop on auditory or visual signals. 5.1.2 Follow simple commands. 6.2.2 Enjoy participating in physical activity.

Learning Objectives: The students will be able to: Lean about fire safety and use teamwork and fitness skills in physical activity that is integrated with what they have learned.

Teacher Set: The students will learn basic practices of fire safety and be aware of the Fire Management Division of the Natchez Trace Parkway. They will also play a game that involves teamwork, body fitness, and space awareness.

Teacher Overview: The teacher should discuss the basic practices of fire safety, for example: the importance of smoke detectors, having a plan to get out of a burning building, crawl under smoke, stop/drop/roll technique if your clothes are on fire, and to call 911 to report an uncontrollable fire to the local fire department.

Also, the Natchez Trace Parkway has a Fire Management Division. The Fire Management Division has three locations: Hohenwald, TN, Tupelo, MS, and Natchez, MS. The division's primary responsibilities are to suppress or stop wildfires, us prescribed burn or controlled fires to maintain historic value of sites and to study how different organisms and their react to the presence and absence of fire, and educate the public as to what fire safety is. It may be possible to have a member of the Fire Management Division to come and talk to students. For more information please call 662-680-4027

Student Instruction: The teacher will discuss with the students about the practices of fire safety. The teacher could then discuss information about the Fire Management Division for the Natchez Trace Parkway. The students will play a game in which they get to be firefighters.

Student Task: The students will listen to the brief lesson on fire safety and learn about the Fire Management Division at the Natchez Trace Parkway. They will play the game Fire Chief. The rules and set up of the game are as follows:

The teacher will set the hula hoops down on the ground, spaced out, in a circle, approx. 30 feet in diameter. The class will then divide up into groups of four or five, *There may be a need for more or less hoops depending on class size*. Each hoop is that group's "fire station". When the teacher gives the command, "Fire! Fire! Fire!" each student will either walk, run, jog, hop, skip, or crawl, depending on which exercise the teacher decided to assign for the round. They students should leave their hoops and start moving to the right or counter-clockwise until the teacher gives the next command. When the teacher gives the command, "Fire is out! Get back to your stations!", the students will then try to return to their stations they same way they came from or clockwise. The group that is the last team to get all of its members back into their hula hoops loses and is out until the next game. The circle then becomes smaller and this continues until there is only one group left (like musical chairs). But each time a group is eliminated the way the students have to move changes (walk, run, jog, hop, skip) which is always determined at the beginning of the round by the teacher. This allows the students to engage in different locomotor movements. Option: Students are out may along the outside of the circle still have to move accordingly, but when the teacher gives the command "Fire is out!" they have to stop in place.

Diagram Attached.

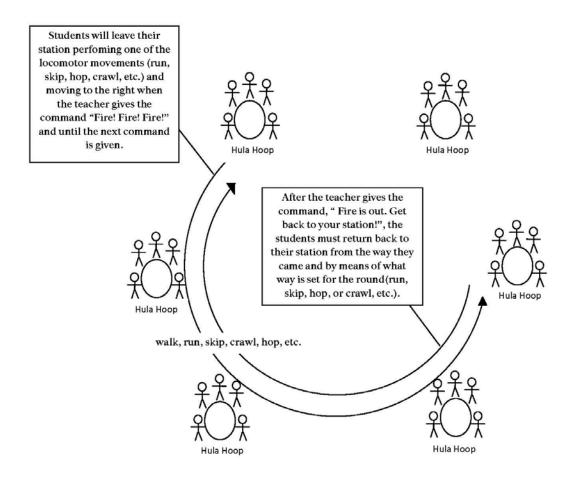
Teacher Closure: Review basic fire safety practices

Student Assessment: Students will be evaluated based on their participation in the discussion of fire safety and the physical activity that follows.

Suggestions for re-teaching: Have the students go home and discuss the fire safety of their own home with their parents.

Extension: As a class, the students and teacher can develop an illustration of their fire exit plan if the building caught fire. Visit a prescribed burn site on a National Scenic Trail or talk to Fire Management Division member along the Natchez Trace Parkway.

Diagram for the Game:



The group that is the last to get all members of the group back to the station is out and must wait until the next game to get back in. The game continues until only one group is left. (like musical chairs.)