

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

› **MS Objectives:**

K- 1ac, 2ab, 4a, 5ab
1st - 1a 2ab, 4b, 5cd
2nd- 1a, 2b, 5ac, 6a

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

MS Objectives: Kindergarten- 1a. Develop fundamental locomotor and non-locomotor skills at an introductory level. 1c. Demonstrate clear contrasts between slow and fast movements. 2a. Identify body parts and apply these to different movement activities. 2b. Demonstrate awareness of immediate surroundings using a variety of movement skills while transferring weight in various directions and pathways. 4a. Vigorously participate in physical activity for a sustained amount of time. 5a. Follow rules, procedures and safety practices while recognizing inappropriate behavior. 5b. Follow directions and work cooperatively with others during physical activity. 1st Grade- 1a. Develop fundamental locomotor and nonlocomotor skills at the basic level. 2a. Identify body parts and movement of body parts during performance of motor skills. 2b. Identify and apply fundamental locomotor and nonlocomotor skills. 4b. Participate in basic exercises and physical activities with moderate efficiency. 5c. Demonstrate proper courtesy, cooperation and sportsmanship with others. 5d. Respect the physical and performance differences of others. 2nd Grade- 1a. Demonstrate nonlocomotor movements with proficiency. 2b. Apply movement concepts and principles to a variety of basic skills. 5a. Apply rules, procedures, and safe practices with little or no reinforcement. 5c. Work cooperatively with a partner or group and recognize the enjoyment of shared play. 6a. Cooperate in helping others to achieve goals.

Learning Objectives: The students will be able to: Learn 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 a 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, use prescribed burns 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 who are out may play along with the game from the outside of the circle. They still have to move accordingly, but when the teacher gives the command "Fire is out!" they have to stop in place.

Diagram Attached.

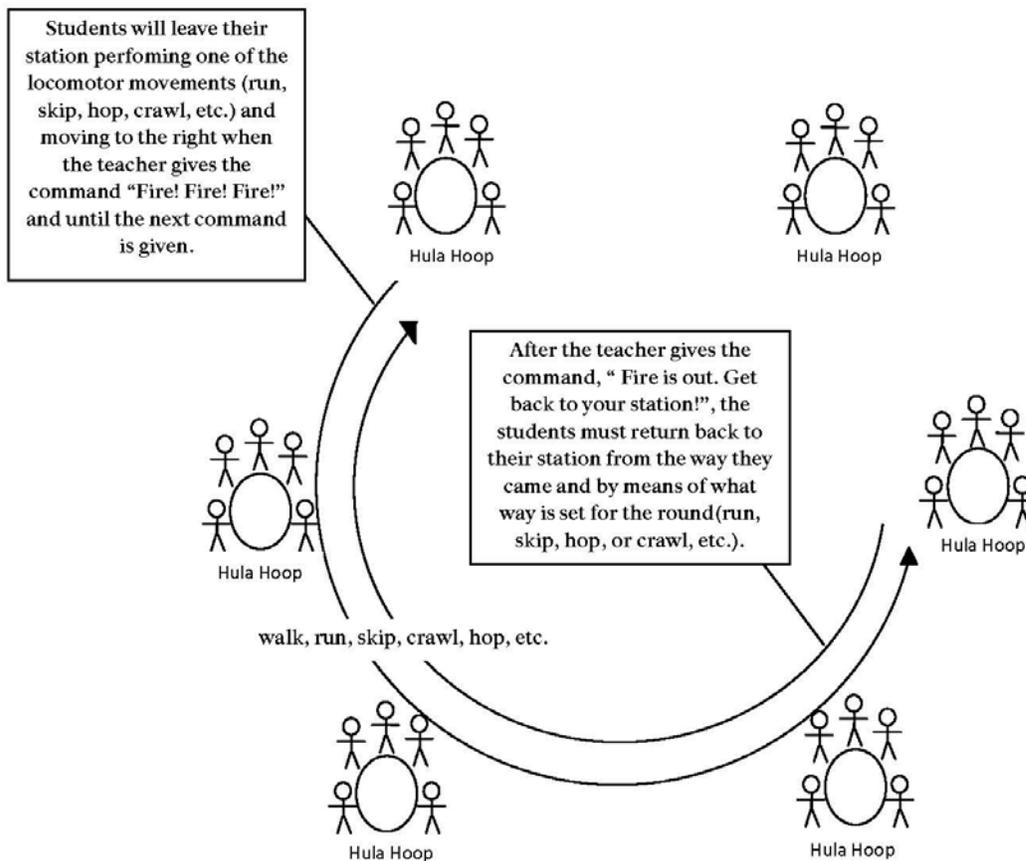
Teacher Closure: Review basic fire safety practices

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.)