



## Firefighter PE

**Lesson Title:** Firefighter PE

**Grade Level:** 2<sup>nd</sup>-5<sup>th</sup>

**Purpose:** Teach age appropriate skills for fire and life safety while teaching to statewide learning standards.

**Materials Needed (Optional):**

- Full Milk/Water Jugs or Kettle Bells
- Broomsticks, Weight Bars or Dumbbells

**Standards:**

**Washington State Health and PE Standards**

**Physical Education**

**PE1.1.3a** Demonstrate mature pattern in locomotor skills in isolation (leap, jump, and land in a horizontal plane, and jump and land in a vertical plane).

**PE1.4.3** Demonstrate weight transfer from feet to hands for momentary weight support.

**PE3.1.2** Identify benefits of being physically active.

**PE3.3.2a** Recognize components of health-related fitness (cardiorespiratory endurance, muscular endurance, cardiorespiratory endurance, muscular strength, flexibility, body composition). Identify locations to palpate pulse rate.

**PE3.7.2** Recognize structure and function of the circulatory and respiratory system (lungs help with breathing).

**Safety:**

- Heart Health and Nutrition
- Healthy Habits
- Safe Exercise and Lifting Techniques

**Objectives:** The students will demonstrate understanding of:

- Exercise and PE
- Stair Climb
- Rescue
- Equipment Carry
- Prevention

**Vocabulary:**

- CPAT-Candidate Physical Ability Test
- PT-Physical Training
- **Deadlift**-a lift made from a standing position, without the use of a bench or other equipment.
- **Pulse**-a rhythmical throbbing of the arteries as blood is propelled through them, typically as felt in the wrists or neck.

**Time:** 40-50 minutes for presentation and demonstration.



## Instructional Content:

*\*\*Use this bulleted list to guide you and keep you on track and meeting all objectives for lesson. Everyone has their own style for teaching, the most important thing is the make it fun and engaging for the kids.\*\**

### • Warm up Activities:

- Mini KWL:
  - Ask students to individually make a mini KWL chart healthy habits and about exercises firefighters do to train for their jobs.
    - K-What do you already know about healthy habits and the physical training firefighters do?
    - W-What do I want to know about healthy habits and the physical training firefighters do?
- Bell Ringer:
  - Firefighter PE Bell Ringer:
    - Have students complete the Firefighter PE Bell Ringer.
- Entrance Ticket:
  - Ask students to try to define: CPAT, PT, Deadlift, Pulse

### • Video:

- Follow the link:
  - [http://www.snofire7.org/preparedness\\_education/home\\_education\\_lessons/lesson-details.cfm?record\\_id=11](http://www.snofire7.org/preparedness_education/home_education_lessons/lesson-details.cfm?record_id=11)
- Watch Video:
  - Run time: 29:53
- Have students fill out the worksheet as they watch.

### • Closure Activities:

- Firefighter PE Bell Ringer:
  - Have students look at their responses on the bell ringer. Have them correct and add to their responses now that they have watched the video.
- Exit Ticket:
  - Ask students to use what they learned to add more detail to the definitions they wrote at the beginning of class for the following terms: CPAT, PT, Deadlift, Pulse
- Mini KWL:
  - Ask students to finish the last column for the KWL chart about healthy habits and exercises firefighters do to train for their jobs.
  - L-What did you learn?

## Homework and Enrichment Activities:

- Heart Health Homework
- Firefighter Workout Challenge

## Handouts:

- Firefighter PE Bell Ringer
- KWL Chart





# FIREFIGHTER PE

## BELL RINGER

### LIST 4 HEALTHY HABITS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What does CPAT stand for?

C \_\_\_\_\_ P \_\_\_\_\_ A \_\_\_\_\_ T \_\_\_\_\_

What is PT? P \_\_\_\_\_ T \_\_\_\_\_

What is a pulse? How do you find it?

\_\_\_\_\_  
\_\_\_\_\_

Directions: Using the word bank, write correct name for the exercise below the picture.

**Lunge**      **Squat**      **Dead Lift**      **Bench Press**



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Curriculum developed by: Snohomish Regional Fire and Rescue



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# MINI RWL CHART



NAME OF STUDENT:

SUBJECT:

LESSON:

**WHAT I  
KNOW:**

**WHAT I  
WANT TO  
KNOW:**

**WHAT I  
LEARNED:**

