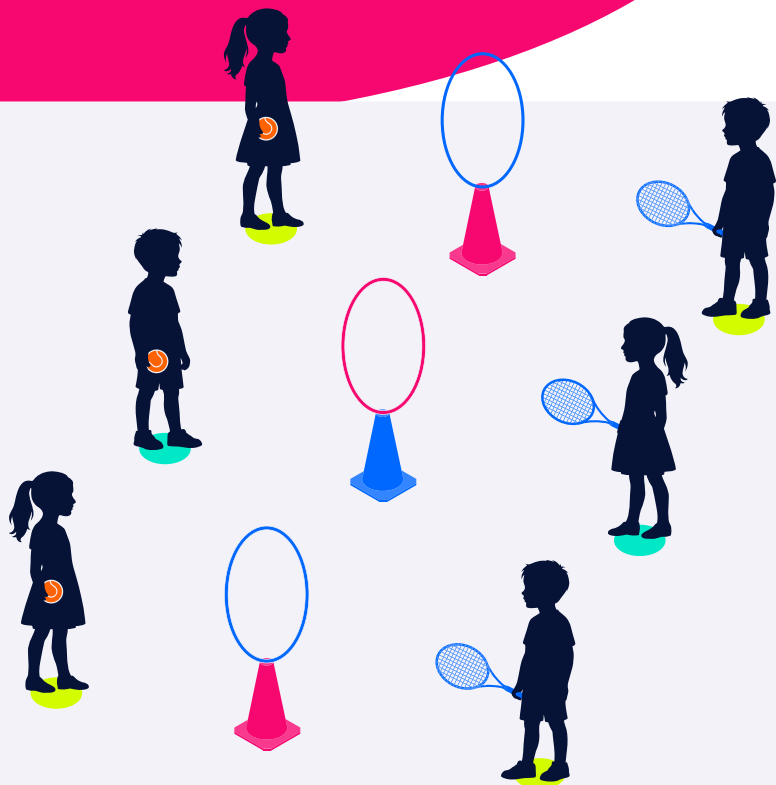


FIREFIGHTERS GAME:

Fire Hose Teamwork

Set the scene:

“Let’s put out the fire!”



Brain focus
activities:



Equipment:



Balls (one per pair)



Spots (one per child)



Hoops



Traffic cones



Rackets or hitting hands
(one per pair)

How to Play:

- Children work in pairs.
- Set up traffic cones (flames) across the space. You can place hoops on top of the cones to increase the size of the target.
- Children start on a spot on opposite sides of the cones, approximately 1 metre from the cone.
- One child starts with the ball (water) and the other with the racket.
- The child with the ball rolls the ball to their partner, who then rolls it with the aim of hitting a cone, sending the water to put out the fire.
- Repeat several times.
- Count how many fires they put out as a team.
- Swap roles.

TEACHING POINTS:

- Gently swing the racket.
- Palm and racket strings point towards the target.

SKILL UP:

- Throw the ball, the hitter then allows it to bounce before tapping it.
- Increase the distance between children and the flames.

Cool Down:

Set the scene: “After all our firefighting we need to cool down.”

- Children sit or lie in circle and concentrate on breathing:
 - “Inhale the cool air through your nose.”
 - “Exhale through your mouth to blow out the fire.”
- 3–5 slow breaths.



SEE IT IN ACTION