

EARLY YEARS LESSON PLAN: FIREFIGHTERS



Physical adaptations

- Adjust the different actions for “Fire Engines” to meet the needs of wheelchair users, those walking with walking aids or using mats.
- Use wide spacing of the cones for “Fire Engines” to be as accessible as possible.
- Provide support for picking up the balls such as litter pickers or dog ball flingers.
- During “Put Out the Fire” use skittles instead of cones, they are easier to knock down.
- Use large sponge balls that are light and easier to hit.
- Use batting tees during “Put Out the Fire.”

Sensory processing adaptations

- Support children to walk the cone layout for “Fire Engines” and “Put Out the Fire” to give them time to process the field of play.
- Offer a smaller version of each whole game in a quieter area for children who may find the whole group activity over-whelming.
- Reduce pressure, and potentially anxiety, during “Fire Hose Teamwork” by not counting how many fires have been put out and focusing on cheering each other and celebrating.

Visual and hearing adaptations

- Make sure the cones used in “Fire Engines” and “Put Out the Fire” are large, bright and contrast with the colour of the floor.
- Give children a full verbal description of the cones in “Fire Engines” and “Put Out the Fire” and give them time to explore the area before the game starts.
- Support all commands throughout the lesson sequence with A4 pictures that can be held up as a visual prompt.
- Provide a storyboard that can be displayed for all activity sequences throughout the series of lessons.
- During “Put Out the Fire” use hand-under-hand support, with consent, to model the basic forehand movement.

Cognition and learning adaptations

- Demonstrate the different actions for all activities in the lesson sequence and continue demonstrating alongside the children as a model for them to copy.
- Give direct pointers on how to improve technique throughout the series, children may not be able to use trial and error to improve independently.
- Establish teams with simple team building tasks before introducing the “Fire Hose Teamwork” activity.

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EQUIPMENT

- Cones
- Beanbags
- Rackets or hitting hands
- Hoops
- Teddy
- Traffic cones

WARM UP: FIRE ENGINES

SET THE SCENE

"Oh no! There is a fire in the town! Today we are firefighters and we must save the day!"

HOW TO PLAY

- Place cones around the space as fire stations.
- Children move around the space pretending to drive fire engines. When a command is called, they perform different actions; start with three actions and build up if the children are ready:
 - Fire alarm – run to the nearest station (responding to call).
 - Slow traffic – walk backwards slowly (controlled movement).
 - Fire blockage – bridge or table and hold for 5 seconds (core).
- Add in fun instructions like "turn the steering wheel!" or "Sound the siren!"

TEACHING POINTS

- Make the actions big and overacted.
- Eyes looking where going.
- Keep body upright.
- Encourage moving in different directions.

BRAIN FOCUS ACTIVITIES



SKILL UP

- Children take turns to call the actions.

BODY & BALL: RESCUE THE TEDDY

SET THE SCENE

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"Oh no! The teddy is stuck near the fire. We must throw the water to the teddy!"

HOW TO PLAY

- Place a teddy in a hoop in the middle of the space.
- Each child has beanbags (water).
- Children throw the water underarm towards the hoop.
- They may progress to overarm if they wish.

TEACHING POINTS

- Swing arm low to high.
- Palm and fingers point towards target.

BRAIN FOCUS ACTIVITIES



SKILL UP

- Send the water with an overarm throw.

RACKET & BALL: PUT OUT THE FIRE

SET THE SCENE

"The buildings are on fire! Use your fire hose to knock down the flames!"

HOW TO PLAY

- Set up the cones (flames) across one side of the space.
- Children stand on the other side of the space each with a racket and a ball.
- Children place their ball on the floor and roll the ball along the floor with the aim of hitting a flame.
- Repeat several times to put out the fire.

TEACHING POINTS

- Place the ball to the front and side of the body.
- Palm and racket strings pushes towards the targets.
- Swap the hand that the racket is in so using both right and left hands.

BRAIN FOCUS ACTIVITIES



SKILL UP

- Children start holding the ball and drop and tap the ball towards the target. Repeat several times then swap the racket to the other hand.

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GAME: FIRE HOSE TEAMWORK

SET THE SCENE

"Let's put out the fire!"

HOW TO PLAY

- Children work individually or in pairs.
- Set up cones (flames) across the space.
- Children stand on opposite sides of the cones.
- They need to send the water (balls) to put out the fire.
- Count how many fires they put out as a team.

TEACHING POINTS

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



BRAIN FOCUS ACTIVITIES

SKILL UP

- 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.