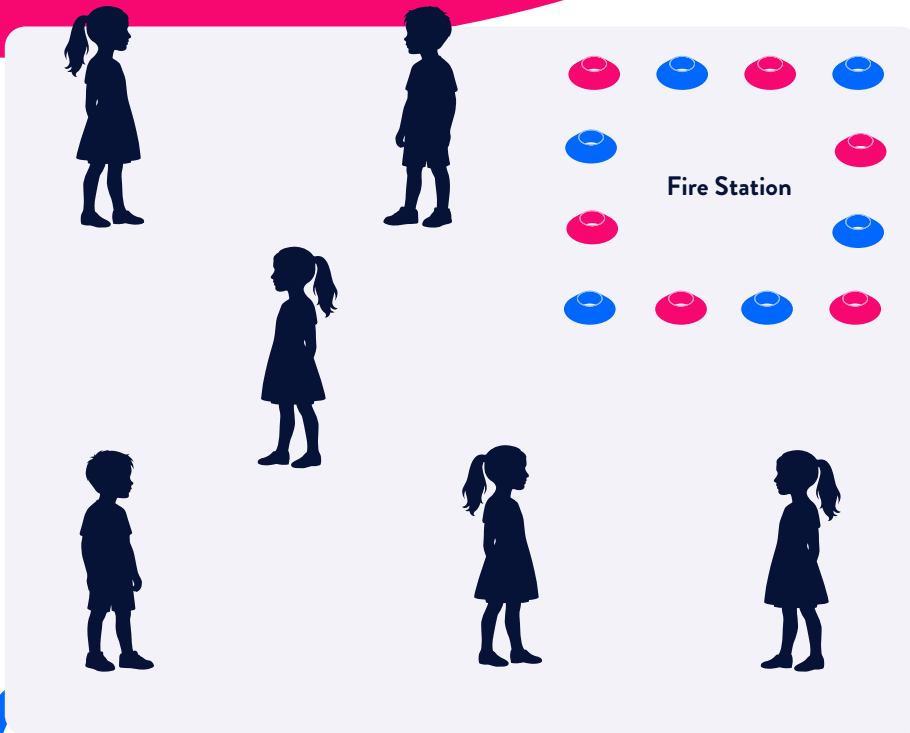


FIREFIGHTERS WARM UP:

Fire Engines

Set the scene:

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



Brain focus
activities:



Equipment:



Cones

How to Play:

- Place cones to create a “fire station.”
- 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 fire station (responding to call).
 - **Slow traffic** – walk backwards slowly (controlled movement).
 - **Fire bridge** – 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.

SKILL UP:

- Children take turns to call the actions.



SEE IT IN ACTION