

Firefighters

Movement Objectives

Dynamics



Firefighters

strong confident and controlled

Fire

light, quick and continuous

Actions

Firefighter's actions

Space

Directions – sideways (sliding)
forwards (crawling)
backwards (tiptoeing)

Warm up

Ask the children to walk around the room going forwards. Get them to walk backwards and then sideways. Get them moving forwards again, but this time choosing their own way to travel (rather than just walking). **Choose a different action to travel sideways and then another way to travel backwards.** After a while, let the children decide when to change direction and what movement to perform. **Encourage the children to choose their own ways of moving rather than following the ideas of others.**

Ooh La La - The Wise Guys



PEOPLE THAT HELP US

Firefighters

Warning - The Levellers



Discuss the activities that firefighters have to do and any special clothing they might need to wear (such as fireproof trousers and jacket, boots and helmet). Get 'dressed' in the items that the children have mentioned.

Train the children to be a firefighter (but if they see a fire in real life, they must tell an adult)

Teach the following...

- climbing the ladder – hands and feet alternating up and down
- jumping through the window – scissor kick
- crawling under the smoke – crawling forwards on belly along the floor
- sliding along the wall – flat against an imaginary wall moving sideways
- rolling through the door – forwards, backwards or sideways
- tiptoeing along floorboards – moving backwards very slowly so it doesn't break
- pulling the hose up and putting out the fire

Run through the actions several times so the children can remember (reduce the number actions if they are struggling). Then ask them to practice in any order, pointing out good examples from the children.

Choreography

Put the children into pairs. Ask them to practice the firefighter movements together to see if they can remember them. Then get them to create a short duet...

- improvise (make up on the spot) more firefighter actions. These might involve working in unison or contrast (for example, one person lifting the other child up to rescue a cat stuck in a tree).
- Select 3 / 4 actions they like best. Ask them to use different directions (forwards, backwards, sideways) in their actions
- Put them into an order and practice them
- Create a start and end position

Show the duets back to the class – feedback on interesting and creative ideas as well as good examples of team work.



Fire! Fire

Discuss what fire looks like and how it moves (light, quick changes of direction, continuous).

Hand out scarves (**from your PE department, haberdashery or Jabadao <http://www.jabadao.org/?p=fabrics.scarves>**) to each child. Ask them to make the scarf flicker like a flame. Ask them to start with small movements that gradually get bigger into raging fires. **Work on their ability to change gradually into larger movements.** Then try out the opposite by gradually slowing down and fizzling out.

Performance Opportunity

To the rescue

Divide the group into two – it would be useful to have a member of staff for each group.

One group are the fire – Ask them to sit in a circle and start with small flames with the scarves that become a raging fire.

The other group are the firefighters – they will run through all the firefighters actions and then direct and spray their 'hoses' over the fire group, who slow down and fizzle until the fire has been put out. Swap over roles, so that both groups have been the fire and the firefighters.

Appreciation

Discuss the two performances afterwards...

- Which role did they prefer? Firefighter or fire? Why?
- What did they enjoy watching from the other group?

Give feedback to individuals who really captured the movement qualities of a firefighter or fire and discuss how successful the performance was.



Cool Down ↓

Remove the firefighter 'clothes'. **Move around with the scarf demonstrating fire movements.** Slow the movements down until the fire fizzles out onto the floor. Cover up with the scarf and rest on the floor.

Further Development

Become fire engines! Create flashing lights and travel around the room. Create actions along the fire engine's journey to the fire such as going carefully through red lights and overtaking other traffic.

Sliding down the firefighter's pole! Try out a range of ideas to slide downwards – going from high to low, turning, going fast / slow.

Develop the 'to the rescue dance'. Ask the firefighter's group to get dressed into their uniforms, slide down the pole, drive in the fire engine and then complete the firefighter actions to put out the fire.