Hula
Hula Relay

OBJECTIVES

✔ Students will be able to sequence the **4 steps** for responding to the sound of a smoke alarm.

✔ Students will be able to demonstrate appropriate physical movements upon request.

Materials

"What's That Sound?" music video by *Recess Monkey*
Fire Escape Message Cards
What's That Sound Movement Cards
Hula hoops

Instructions

1. **SHOW** the "What's That Sound?" music video.

2. **DEMONSTRATE** the movements used in the video. Use the What's That Sound Movement Cards to help students refine their moves.

3. Have students **PRACTICE** the moves.

4. **SHOW** the music video again and have students do the moves along with the video. Once students have mastered the movements, they can try singing along with the video while doing the movements.

5. **DIVIDE** class into teams of 4 students. Student will line up for a relay race.

6. **PLACE** 4 hula-hoops in a row. Place one Fire Escape Message Card in each hula-hoop.

7. The first student will **JUMP OR HOP** to the first hula hoop and pick up the safety message.

8. The next student will **JUMP OR HOP** to the first and second hula hoop and pick up the second safety step.

9. **COMPLETE** until all 4 steps have been retrieved.

10. The team will then put the steps in **ORDER**. The first team to complete the task wins.

ASSESSMENT

Make the game more difficult: have students work in pairs to do a wheelbarrow movement to each hula hoop, have students access each hula-hoop blindfolded with verbal directions from a leader, dribble a ball, do a crab walk etc.

Common Core

National Standards for K-12 Physical Education

S1.E5.2
Performs a teacher/student-designed rhythmic activity with correct response to simple rhythms.

S1.E5.3
Performs teacher-selected and developmentally appropriate dance steps and movement patterns.

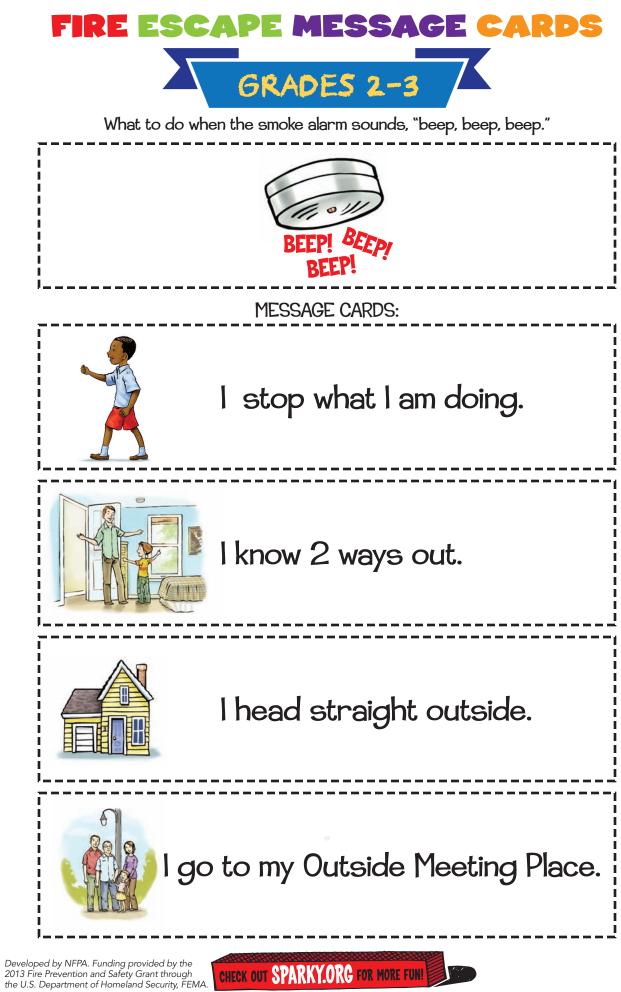**National Health Education Standards for Pre-K-12**

S7.5.2
Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

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FIRE ESCAPE MESSAGE CARDS

GRADES 2-3

What to do when the smoke alarm sounds, "beep, beep, beep."

BEEP! BEEP! BEEP!

MESSAGE CARDS:

I stop what I am doing.

I know 2 ways out.

I head straight outside.

I go to my Outside Meeting Place.

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WHAT'S THAT SOUND MOVEMENT CARDS

GRADES 2-3

Step 1:
Point up high.

Step 2:
Put your left hand behind your ear.

Step 3:
Do the sprinkler.

Step 4:
Walk quickly in place.

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GRADES 2-3

SMOKE ALARMS SAVE LIVES. Every home needs smoke alarms. They should be installed on every level of the home (including the basement), outside each sleeping area, and inside each bedroom. A smoke alarm makes a, "beep, beep, beep" sound. Between each set of three beeps is a slight pause — "beep, beep, beep, pause, beep, beep, beep, pause," and so on. A smoke alarm senses smoke. It will sound if there is smoke in the home — possibly from a fire. When the smoke alarm sounds, everyone should leave the home. Everyone should know the sound of the smoke alarm and how to respond quickly.

A HOME FIRE ESCAPE PLAN is a plan to get out of the home quickly in case there is a fire. Every room in the home needs two ways out. One way out would be the door and the second way out may be another door or a window. Every home fire escape plan needs an outside meeting place. A meeting place is a permanent location in front of the home, a safe distance from the home. A good meeting place might be a neighbor's home, a street light, a mailbox, a neighborhood store, or a special tree. Everyone in the family should go to the meeting place so everyone will be together and grown-ups will know that everyone is safe. Families should practice their home fire drill at least twice a year.

Here are the **4 important things to do** if the smoke alarm sounds:

1. **Stop what you are doing.**
2. **Know 2 ways out.**
3. **Head straight outside.**
4. **Go to your outside meeting place.**