



## 999 RESCUES

**In this session children will learn rhythm, musicality and spatial awareness. They will have the opportunity to engage as a team, create dialogue and express themselves freely. They will explore the use of props; role play and a wide range of music. There will be opportunities for children to count, talk and imagine. They will gain knowledge of the world, be creative and imaginative, develop their personal and social skills, and boost physical development.**

**INTRODUCTION** – Warmups- Use sequencing markers to encourage spatial awareness.

Teddy bear teddy bear turn around	(Turn around)
Teddy bear teddy bear touch the ground	(touch the ground)
Teddy Bear Teddy Bear Shoe your shoes	(arms out to the side and raise foot off the floor, encourage straight leg and pointed toe)
Teddy Bear Teddy Bear that will do	(shake pointed finger)
Teddy Bear teddy bear climb the stairs	(pretend to climb the stairs)
Teddy Bear Teddy bear say your prayers	(hands together in prayer position)
Teddy Bear Teddy Bear turn out the light	(imitate switching off the light, sound a 'click')
Teddy Bear Teddy Bear Say goodnight!	(hands together under tilted head and close eyes, after a short while of sleeping, wake up with a clap and a jump)

Warm up Routine – This routine combines cardio work out and stretching, both crucial before engaging in movement-based activity.

House/mouse: Stretch up tall, squat small, repeat 3 times

Frog bounces: In squat position- bounce

Grow: Slowly raise to standing

Bouncy scarecrow: Arms out to side, knee bends in time with the music

Runners: Jogging on spot, knees high, the kick behind try to kick your bottoms

Jack in the box: Down in squat, one high jump in the air followed by small jumps, repeat

Windmill arms: both arms straight moving backwards and then forwards (slowly)

Shrugs: Shoulder lifts, shoulder drops and one at a time

Looks: look to left, middle, right middle, up, middle, down, middle, tilt, side, tilt, side

Head rolls: Slowly roll head alternate directions

**Music:** - Elvis – Jailhouse Rock

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**ACTIVITY** – 999 crew

Props: (pictures, siren sound effects, high visibility vests, include a fire drill)

Listen to the siren and discuss what makes the sound. Show all the visual aids (Firefighter, Police, Paramedics) and talk about all the different help these people provide. Explain there is one special number to telephone in an emergency and that is 999.

999 is a number ONLY used for Emergencies. Count out 9 fingers and show '999'

Give each child a vest.

Pretend to make a call:

“Oh no a house is on fire...Emergency 999...and a puppy is trapped. Children who do we need?”

“Firefighters”



To the music: Imitate sliding down a pole, putting on your boots, jump in the fire engine. In the same direction, make siren sounds and jog in a circle.

Arrive at the destination, unravel the hose (large circle motions with arms), oxygen tank on our backs and masks on, climb the ladder, spray the water onto the towering flames.

Explain the masks protect us from the smoke. The fire is out, climb in and stay low and crawl to find the puppy. Once rescued, climb down the ladder and remove mask and tank, and roll the hose reel back.

**AND MORE:**

You may wish to play STOP DROP ROLL (these safety guidelines are recommended by the Fire Dept)

Children must walk around the room, when you shout  
stop – they stop,  
drop – they drop to the floor  
roll – they roll on their tummies  
Repeat

Pretend to make a call:

“Oh no! There is a traffic Jam .....Emergency 999...Children who do we need?”  
“Police”

To the music: Jump in your cars and head towards the traffic jam, making siren sounds.

Stand in the centre of the room and direct the traffic; Stop hand, sign to the right, left hand beckons traffic from the left, alternate sides and directions. Well, done, good job. You may wish to split the group into drivers and police officers.

**AND MORE:**

Older children: Make a small group of 6-8 children all holding hands. One child is kept out. THE CHILDREN MUST NOT LET GO OF HANDS. Ask the children in the group to mix up the circle, going under, over, through, behind etc each other. The selected child must be the police officer helping the group out of trouble to return the circle back to order.

Pretend to make a call:

“Oh no! a little girl has fallen from a slide; we think she has broken her leg...Emergency 999...Children who do we need?”  
“Paramedics”

To the music - Climb into the ambulance and head to the park. Carry a stretcher out to the patient.

Partner children together. One child has a chalk while the other child lays on the floor. Invite the children to draw around each other. Once completed draw a face, draw a bandage on the knee etc.



Encourage some dialogue:

What does the child need to take away the pain?

How many people do we need to carry the stretcher?

Where will we take the patient?

### **AND MORE:**

Children will stand in a circle holding hands, explain that they are going to be one very long hose...pretend to connect the water (adult comes in as a link) to one child, and create a body ripple to go round the circle as if the water is passing through.

You may also use a hula hoop the children must continue to hold hands as they climb through the hoop.

**Music:** - Sound Effects: Emergency, Theme from Starsky and Hutch – James Taylor Quartet, System 7 - Hanger 84.

### **AND MORE:**

Use circular quoits as the steering wheels.

Direction and Co-ordination: ask the children to roll a quoit and follow the path it takes, only picking it up once it has stopped. Can they roll it through a friend's legs? Ask the children to form a line and ask them to roll the quits simultaneously, ready, steady, go.... They must only fetch their quoit. Place quoits in front of child and ask them to jump over them, then try jumping backwards.

Balance: Place them on your head and walk with hands behind your back. Place one on your foot and raise your leg, arms out to balance.

Teamwork and skill: Ask the children to place them on top of another one to make a tall tower.

### **ACTION SONGS – Reinforce the topic with action songs**

London's burning, London's burning

Fetch the engines, fetch the engines

Fire fire, fire fire

Pour on water, pour on water

With another adult introduce this song as a round to create harmony (round). Separate the children into two groups with at least one adult in each. The first group starts singing and the second group starts after the first line has been sung. This exercise will take a few practices for the level of concentration needed to be successful.

The next song is great to use with a box of props and select children to dress appropriately:

Miss Polly had a dolly	(rock arms)
Who was sick, sick, sick,	
So, she called for the <u>doctor</u>	(make telephone sign)
To be quick, quick, quick;	(nod, nod nod)
The doctor came	



With his bag and his hat,  
And he knocked at the door  
With a rat-a-tat-tat.

(Hand by the side and then place on head)

(knock on the floor)

He looked at the dolly  
And he shook his head,  
And he said "Miss Polly,  
Put her straight to bed."  
He wrote out a paper  
For a pill, pill, pill,  
"I'll be back in the morning  
With the bill, bill, bill."

(shake head)

(shake finger)

(pretend to write on paper)

(hand out flat)