

# Firefighter Fitness Relay (Grades K-8)

## Objective

Create a mini obstacle course simulating firefighter challenges: carry a bucket, crawl under ropes, “rescue” a teddy bear.

## Materials

- Cones or markers to set up stations
- Small weighted items (e.g., gallon jugs of water, sandbags)
- Hose substitute (jump ropes, garden hose, or rope)
- Fire gear props (vests, boots, toy helmets) – optional
- Toy stuffed animal or small dummy (for rescue simulation)
- Stopwatch or timer (optional)
- Whistle (optional)

## Instructions

1. Create 3–5 stations that simulate tasks a firefighter might do. Example stations:
  - a. Gear Up Station
    - i. Put on a vest, helmet, and boots as fast as possible.
  - b. Hose Drag
    - i. Drag a jump rope or hose across a designated line (10–15 feet).
  - c. Obstacle Crawl
    - i. Crawl under tables, ropes, or benches to simulate a smoky building.
  - d. Rescue Carry
    - i. Carry a stuffed animal (or pillow/dummy) safely from one point to another.
  - e. Bucket Run
    - i. Run while holding two small weighted buckets to simulate carrying equipment.
2. Split students into teams of 3–5. Assign each team a starting station.
3. Start the relay and students can time using stopwatches.
4. After the relay, gather students and discuss:
  - a. How do firefighters prepare for emergencies?
  - b. What was the hardest part of the course?
  - c. Why is teamwork important in firefighting?