



Activity Delivery Date: __/__/____
 Activity Delivered By: _____
 Initial when complete:
 Supplies Bought: _____

ORGANIZED PHYSICAL ACTIVITY

Review this lesson plan at least 3 days prior to leading.

<p>NAME: (What is the name of the activity?) Stop, Drop, and Roll</p>	<p>TIME REQUIRED 20 mins</p>
<p>FOCUS: (What do outcomes should youth get from this activity, what they should achieve?)</p> <p> <input type="checkbox"/> Teambuilding <input checked="" type="checkbox"/> Moderate Physical Activity <input type="checkbox"/> Vigorous Physical Activity <input type="checkbox"/> Bone- and Muscle-Strengthening Activity <input checked="" type="checkbox"/> Specific Skill Development </p>	
<p>MATERIALS NEEDED</p> <ul style="list-style-type: none"> • Red sock (or similar) • Tissue paper 	

<p>PART ONE:</p> <p>INTRO TO REFLECT</p> <p>Expectations that need to be set or sense of belonging idea to start activity</p> <p>SAY: Today, we are going to play a game called Stop, Drop, and Roll.</p> <p>ASK & CONNECT (prepare opening ideas to connect activity to youth’s prior experience or prior session)</p> <ul style="list-style-type: none"> • This week is National Fire Safety Week. What do you know about being safe if there’s a fire? 	
<p>PART TWO:</p> <p>What are the steps for youth to complete this activity?</p> <p>Activity 1: Moving in General Space</p> <ul style="list-style-type: none"> • Youth are spread out in general space in a safe manner (arms distance apart). On adult command, youth walk in 	<p>What key skills will I need to be prepared to model or teach?</p>

general space until they hear the signal "**STOP**." The youth immediately stop.

- The youth continue to walk in general space again. This time the adult calls out "Drop and Roll." The youth then practice falling safely to the floor and then roll like a log 3 or 4 times on the floor until the adult gives the signal to continue with a traveling movement (i.e., skipping, galloping, etc.).
- The adult can ask the children to call out the words "stop", "drop", and "roll", immediately after the adult says each word.

Activity 2: Tag Game

- Three or four youth are chosen as taggers. Give those youth a red sock stuffed with tissue paper.
- When the taggers tag the runners with the socks and say "**FIRE**", the tagged runner must shout "Stop, Drop, and Roll", and then perform the movements (stop, drop, and roll) before continuing to play the game.
- After a few minutes, new taggers are selected and the game continues.

PAUSE & CHECK

Ideas for how staff can check in on youth for understanding, redirect, clarify

PART THREE:

REFLECT

- Why is it important to know skills in fire safety?
- Why do you think "Stop, Drop, and Roll" is an effective strategy for putting a fire out?