

# YOU'RE a Star

Pre-K-Grade 1 Lesson Plans

## OBJECTIVES

- ✓ Students will be able to apply the **4 steps** for responding to the sound of a smoke alarm.
- ✓ Students will be able to demonstrate appropriate physical movements upon request.

## Materials

"Little Rosalie" music video by SteveSongs  
SteveSongs instructional video  
Smoke alarm with battery  
Fire Escape Message Cards (1 set per student and a teacher set)  
Construction paper with lines at the bottom for writing

## Instructions

**REVIEW** teacher information so you have a good understanding of smoke alarms and the correct response to the alarm.

**DISPLAY** the Fire Escape Message Cards.

**DEMONSTRATE** the sound of the smoke alarm (beep, beep, beep, pause, beep, beep).

**REVIEW** each step for responding to the sound of the smoke alarm:

1. **Get up and walk, don't run, but you should walk briskly.**
2. **Remember to know two ways out of every room.**
3. **Get yourself outside quickly.**
4. **Go to your outside meeting place with your family.**

**SHOW** the "Little Rosalie" music video by SteveSongs.

**DEMONSTRATE** the 4 movements in the video. If needed, access the instructional video with SteveSongs demonstrating the moves.

**PRACTICE** the moves with students. Encourage students to work with a partner to be sure they understand and correctly perform the movement.

## ASSESSMENT

**SHOW** the "Little Rosalie" video again. This time have students stand throughout the song and perform the movements with Steve. Once students have mastered the movements, they can try singing along with the video.



## Common Core

### National Standards for K-12 Physical Education

#### S1.E5.K

Performs locomotor skills in response to teacher-led creative dance.

#### S1.E5.1

Combines locomotor and non-locomotor skills in a teacher-designed dance.

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

#### S7.2.1

Demonstrate healthy practices and behaviors to maintain or improve personal health.



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# FIRE ESCAPE MESSAGE CARDS

## PRE-K-GRADE 1

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



**BEEP! BEEP!  
BEEP!**

MESSAGE CARDS:



I get up and walk.



I know 2 ways out.



I get outside.



I go to my Outside Meeting Place.



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# TEACHER INFORMATION

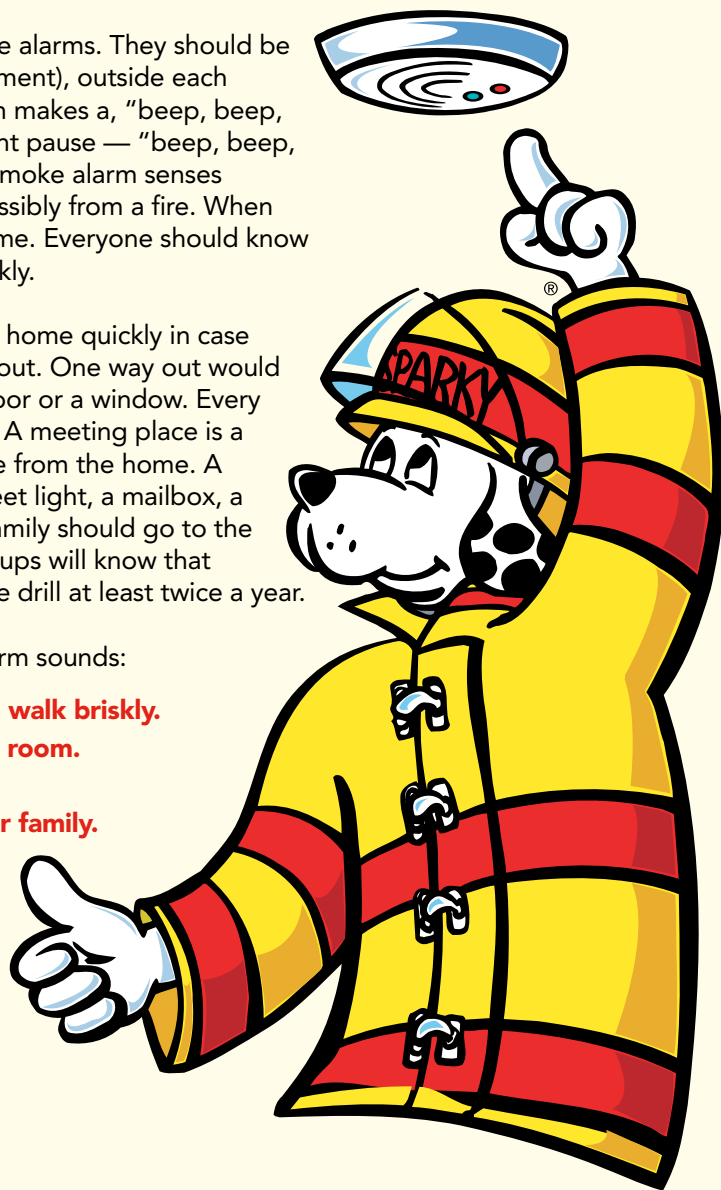
## PRE-K-GRADE 1

**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. **Get up and walk, don’t run, but you should walk briskly.**
2. **Remember to know two ways out of every room.**
3. **Get yourself outside quickly.**
4. **Go to your outside meeting place with your family.**



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