



Firefighter Fit Kids
Creating Healthy Heroes
-
Welcome pack



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An introduction to Firefighter Fit Kids

Firstly, please let me take this opportunity to thank you for becoming part of the Firefighter Fit Kids (FFK) online family and to tell you a little bit more about the FFK platform and the reasons behind the project and how I want to help get your school firefighter fit and create an army of healthy heroes.

Have you ever overheard children in the playground pretending to be firefighters? Racing around the yard in a fire engine, fighting fires, rescuing cats from trees or shouting **FIRE FIRE FIRE?**

This was me as a kid, but now I am a firefighter and I get to see the same excitement on the faces of the children within the communities I now serve. This is what has driven me to develop a firefighter related online resource which we believe is fun, inspiring, educational and will pave the way to a sustainable active, safer future.

We have created 20 educational High Intensity Interval Training (HIIT) sessions and worksheets that are all female and male lead that will aid your school in meeting the ACTIVE 30 targets, inspire wet play or make a fantastic start to the day at a breakfast/after school club. By utilising the Firefighter Fit Kids online HIIT sessions your pupils will learn about **The Great Fire of London, Road Safety, Water Safety, Fire Safety, Nutrition, Hydration and what it takes to be a Firefighter.**

This is a new innovative way of combining health, fitness, team work and friendship straight to the classroom whiteboard and we hope that you love it as much as we do.

#firefighterkids
#creatinghealthyheroes
#firefighterfit



FFK Online Content

The HIITs

We have created over 20 educational HIIT workouts to help educate our healthy heroes which vary in time from 20 minutes to 5 minutes and we hope that the firefighter themes will help cement new life saving skills through movement and exercise.

20-minute HIITS

The Great Fire of London HIIT

The Fire Safety HIIT

The Road Safety HIIT

The Water Safety HIIT

The House Fire HIIT

These are the are the workouts that have been designed with education in mind, but don't be put off by the 20 minute times as these HIITs are broken down into manageable bites by our educational water breaks lead by Firefighter Fern.

The Burners

Our burners are quick intense sessions which will safely and effectively get our healthy heroes from rest to vigorous exercise. These workouts are simple and quick but with maximal HIIT benefits.

With the choice of either a 5 or 10-min burner these sessions will work within a busy school day and will help you and your pupils hit those active 30 targets.

Warmups and cool downs

You can use the FFK warmups/cooldowns before or after any PE lesson or FFK HIIT workout, but don't worry if you don't have time to add them to the workouts as its not essential as we slowly increase the intensity levels throughout each session so that everyone taking part will be exercising safely.

Fire Fit Yoga

We have created 4 yoga/mindfulness sessions as children should stretch when their muscles are warmed. Stretching helps our bodies recover after exercise and helps our bodies become and remain flexible giving our muscles and joints a full range of motion with mind and body awareness.



Healthy Heroes first aid

Many children are often put in a situation that requires the need for first aid care to be provided. We would like to give our healthy heroes the confidence needed to deal with these situations and offer an important life skill and increase the knowledge and awareness that might just save a life.

Our sessions teach our fit kids basic life support and how to use a defibrillator. With Defibs being a common fixture in schools and public places it is essential we all understand the basic principles of these machines.

#healthyheroes
#itmightjustsavealife





Firefighter Ferns top tips

Firefighter Fern is the super star of the FFK water breaks and offers her top tips to educate our healthy heroes in subjects such as:

Nutrition

Hydration

Exercise requirements

Sleep and bedtime routines

Tablet/screen time

Wellbeing

Firefighter Fern is the perfect role model to all our firefighter fit kids but she is especially important to us as we want her to be the female firefighter to inspire both girls and boys to a future within the services and really help our healthy heroes to make positive life choices.

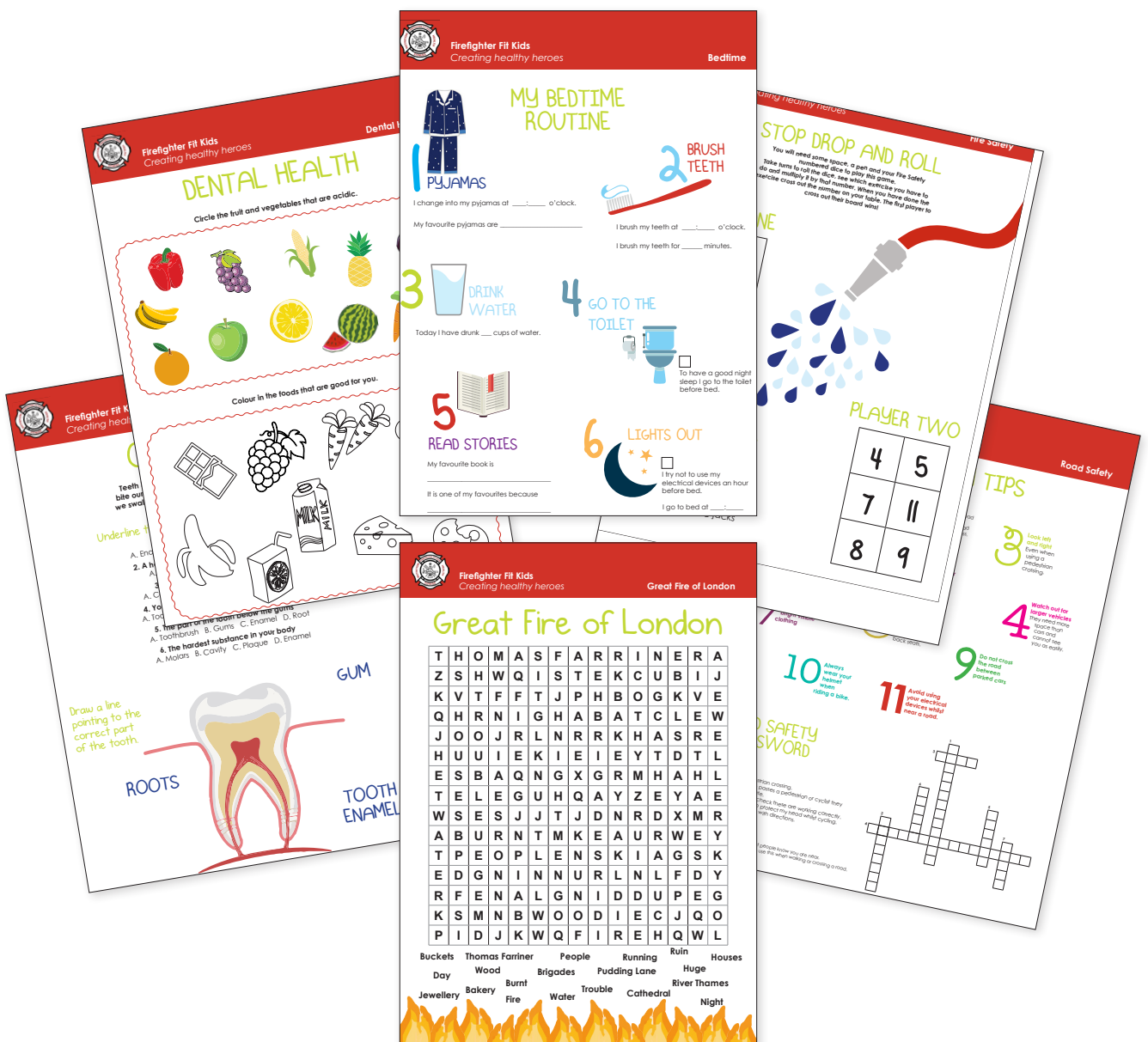




Firefighter fit kids worksheets

We have created a series of fun education worksheets that reinforce the learning points from the HIIT workouts and firefighter Ferns top tips.

These worksheets are a fantastic way to assist with the Great Fire of London topic, help educate out our healthy heroes about positive choices, nutrition and exercise. Our food diary and activity logs make a fantastic family homework activity.





FFKs teacher CPD course

According to a report by public health England in 2017, just 23% of boys and 20% of girls meet the national recommended levels of activity. This plays a key role in the fact that 1 in 5 children start primary school either overweight or obese, rising to over a third by the time they leave.

Therefore, we created the FFK teacher CPD course to highlight the benefits to HIIT training for training. We hope that this will encourage the staff using the firefighter fit kids online platform to keep active throughout the school year.

Active data tracker

The Firefighter Fit Kids active tracker is designed with you in mind. Tracking activity can help overcome plateau, help you appreciate your progress, maintain accountability and document your movements towards the active 30 targets.

The FFK top ten league table

The firefighter fit kids top ten league table shows our most active healthy heroes across the UK. Although FFK is 100% of your personal best we wanted to give some of our fit kids the chance to see their activity on the FFK league table.

Our active minutes are calculated by the amount of children taking part during the session and the length of the HIIT workout resulting in the total active time from the session. These times will be totalled in the active tracker and the top ten league table as way to help you document your active 30 targets.



We are truly happy to have your school as a part of the firefighter fit kids' family and would like to thank you for your purchase. Our aim is to keep our healthy heroes active throughout the school year and we are really looking forward to working with you.

We would like to activate and educate as many children as possible around the topics of fire safety and we rely on the positive experience from our fit kids. We offer a referral fee for any school that joins the FFK family via your recommendation.

Once again I would like to welcome you to Firefighter Fit Kids and offer you all the support needed to active your school.

Robert Lindley
Firefighter Fit Kids
Creating Healthy Heroes





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www.firefighterfitkids.co.uk