



# Firefighter Physical Challenge for Kids

Train like a real firefighter! Set up a physical challenge course in your backyard or nearby park. Follow the circuit training listed below.

## **You will need:**

- Something like a bean bag toss game
- Something to jump over – FF size appropriate hurdles
- Something like cones to weave in and around
- Something like hoops or large dots
- Something to crawl under-perhaps chairs with a blanket
- A jump rope
- A coil of garden hose
- Sidewalk chalk
- A target of “fire” to spray with water – tower of plastic cups, large plastic blocks or a cardboard box painted like fire, etc.
- A bell or rope to suspend an object from a tree limb

## Setting up the challenge:

Start by picking 7 to 10 challenges from the following list. Once you have decided how you will challenge yourself, mark out the places for each challenge in your yard or the park. Since you will be running from place to place, and if it is OK with mom or dad, you can put some of the stations in the front yard if you need more room.

## The Challenges – pick 7 to 10 activities

(Numbers in parenthesis are for younger firefighters)

1. Carry a coil of garden hose 15 (10) feet
2. Jump rope for 30 (15) seconds
3. Throw bean bags in to target board-adjust distance to target for age
4. Jump from hoop to hoop or large dot to large dot
5. Crawl under “smoke” 15 (10) feet
6. Crawl under “smoke” dragging bound hose coil 15 (10) feet
7. Cone weaving or slalom run around objects
8. Burpee 10 (7)
9. Mini hurdles 4 – 6
10. Crab walk 10 (6) feet
11. Jumping Jacks 25 (15)
12. Sit-ups 15 (10)
13. Push-ups 15 (10)

14. Squats 15 (10)

15. Vertical jumps – Try to touch a rope or bell suspended from a tree branch

16. Hop scotch

