



# Locate your Exits: Lesson 1

**Big Idea:** It is important to be aware of where the exits are and also to be able to read the word "EXIT".

**Duration:** 10 minutes

**Materials:** Printed EXIT sign, large open area to run

## Discuss:

- It is important to locate your exits no matter where you are (home, school, restaurant, theater, stadium).
- Some exits are marked with red signs that say EXIT.
- Not all exits have signs. For example, windows may not be labeled "EXIT" but may be used as an exit in an emergency.

## Questions:

- Why do you need to know where exits are? (*To recognize how to leave, especially in case of an emergency*)
- Name some places that may have exit signs (*library, stadium, theater, etc.*)

## Directions:

- Tell students you will be practicing locating exits in a fun way... with a race!
- Have students cover their eyes or face a direction opposite of where you will place the EXIT sign.
- Place the EXIT sign up high somewhere in a room (as if it were over the top of a door)
- Tell the students that when you say "GO" they are to race to the paper EXIT sign with Rocket on it without shoving or tripping others. This will help them to remember to locate exits in public. Encourage students to commend others who get to the exit sign first by saying "good job", giving high-5's, etc.
- Yell "GO", allow students to race, and repeat number of times desired.

## Review:

- Locate the exits in this room (not all exits are marked, such as windows).
- Discuss looking for marked and unmarked exits wherever you go.
- Discuss when using emergency exits is appropriate (during an emergency such as a fire- not because you want to take a shortcut.)

California Physical Education Standard 5.1: Participate in a variety of group settings (e.g. partners, small groups, large groups) without interfering with others, Standard 5.5: Demonstrate respect for self, others, and equipment during physical activities