

FALL SAFETY CURRICULUM

This curriculum should be implemented by someone with a physical education background. It is designed to teach children how to fall safely from heights of 7 feet or less.

Step 1. At ground level, children should be able to successfully complete the following movements:

1. Sideward roll to the left
2. Sideward roll to the right
3. Forward roll
4. Backward roll
5. Jump from a 1 foot deck, land on two feet, and do a forward roll.

Step 2. This step introduces height into the process. If working with kindergarten through third grade, the following movements should be performed from equipment no higher than 6 feet; children in grades 4-6 may drop from a height of 7 feet.

The best piece of equipment to perform these movements on would be a horizontal ladder.



1. Jump from a hanging position, land on two feet and do a forward roll.
2. Jump from a hanging position, land on two feet and do a backward roll.
3. Jump from a hanging position, land on two feet and do a sideward roll to the right.
4. Jump from a hanging position, land on two feet and do a sideward roll to the left.

Caution! Before attempting these movements, make sure that any loose fill surfacing materials under and around the horizontal ladder are 12" deep.

Learning to perform these activities may well prevent children from breaking bones. We would recommend that these movements and activities be performed every year on the first day of school, the first day children are allowed to use the equipment after winter, and then reviewed each first day of the following year's opening of school.