#### 2022 Curriculum for Wales – Secondary links

First Aid Champions is a toolkit approach to teaching first aid. It can be delivered in fewer, longer sessions or in multiple shorter sessions. You can use the toolkit to create the best first-aid curriculum for your learners. It is designed to be inclusive and easily differentiated to meet the needs of learners who have special educational needs and disabilities (SEND).

We are in the process of creating a Welsh version of our First Aid Champions website. In the meantime, we have provided resources to download in Welsh and English. You can find these throughout the website content, giving you a choice of which to use.

Choose activities from the following modules:

* Introduction – choose from the introductory activities on the [Secondary](https://firstaidchampions.redcross.org.uk/secondary/) landing page
* [First aid skills](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/) – choose from 17 first aid skills relevant to young people
* [Helping](https://firstaidchampions.redcross.org.uk/secondary/helping-others/) others – explore the bystander effect, what inspires people to help and the qualities of those who help others
* [Safety and well-being](https://firstaidchampions.redcross.org.uk/secondary/safety-and-wellbeing/) – learn coping skills, explore how to stay safe and well when helping others, and how to call for help
* Explore ideas for young people to [remember and then share](https://firstaidchampions.redcross.org.uk/secondary/share-and-remember/) their learning with others.

First Aid Champions aligns to elements of the 2022 Curriculum for Wales. By taking part in First Aid Champions, children can develop their expertise in the following areas of learning and experience; below are some suggested curriculum links.

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| Health and Well-being | Languages Literacy and Communication |
| * Developing physical health and well-being has lifelong benefits – learners develop lifesaving first aid skills and know how to safely intervene when others’ physical health is at risk.
* How we process and respond to our experiences affects our mental health and emotional well-being – learners develop strategies to cope in different situations.
* Our decision-making impacts on the quality of our lives and the lives of others – learners identify and reduce risks when helping others, to keep themselves and others safe.
* Healthy relationships are fundamental to our well-being – learners develop empathy for others and understand the power of kindness.
 | * Understanding languages is key to understanding the world around us – learners engage with a range of texts, improve communication and develop vocabulary around first aid skills, coping, and kindness.
* Expressing ourselves through languages is key to communication – learners communicate to share thoughts and ideas, respectfully respond to others and adapt their communication to suit different audiences.
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# The four purposes of the Curriculum for Wales

# First Aid Champions contributes to learners’ development of the four purposes of the Curriculum for Wales.

Building up a body of knowledge and have the skills to connect and apply that knowledge in different contexts.

**Ambitious, capable learners**

Questioning and enjoy solving problems.

Can communicate effectively in different forms and settings.

Can explain the ideas and concepts they are learning about.

Ready to learn throughout their lives.

Building their mental and emotional well-being by developing confidence, resilience and empathy.

**Healthy, confident individuals**

Know how to find the information to keep safe and well, and manage risk.

Have the skills and knowledge to manage everyday life as independently as they can and are ready to lead fulfilling lives as valued members of society.

Think creatively to reframe and solve problems.

**Enterprising, creative contributors**

Take measured risks.

Ready to play a full part in life and work.

Understand and consider the impact of their actions when making choices and acting.

**Ethical, informed citizens**

Respect the needs and rights of others, as a member of a diverse society.