



Suggested sequence through first aid champions content – primary.



This document aims to support primary school teachers to sequence the content in First aid champions across year groups. This is a suggested approach – once you become familiar with the toolkit you can structure lessons based on the needs of your class, school and curriculum.

On the website you will find webpages that speak directly to the pupils for all of the activities in First aid champions, you can choose to either give these to the children to learn directly; work through the activities with the whole class; or work through them in small groups. Alternatively, you could set some aspects as homework. At the end of each webpage activity which normally includes a film, image or quiz you will find ready-made teaching activity ideas to download as well as: PowerPoints, worksheets, role play ideas and ‘how to help cards’ with all the content and information to support you to teach lessons on first aid, kindness and coping and safety.

Each activity and webpage include curriculum linked learning objectives, so you can quickly see what pupils will learn by taking part in the activities.

To read more about how First aid champions links to the curriculum and further detail on how the toolkit has been developed go to the [Guidance and support](#) section of the website.

First aid teaching experience

You don’t need any previous first aid training, or experience, to teach first aid. The resource has been designed to support you to deliver first aid education that will help children to develop the knowledge and confidence to act when someone needs first aid.

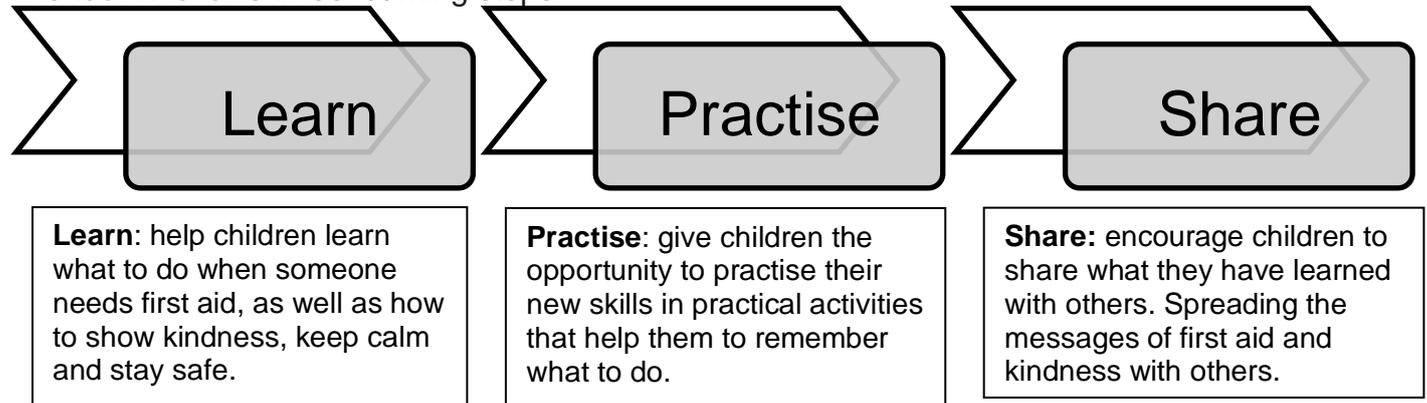
First aid equipment

You don’t need a first aid kit to deliver any sessions. The resource gives examples of how everyday items can be used in an emergency. For example, a t-shirt can be used to put pressure on a bleeding wound or water used to cool a burn. Using everyday items teaches children improvisation skills for real life. Emergencies often happen in places where there is no first aid equipment. If your learners would like to practise what it feels like to give back blows or chest compressions (although chest compressions are usually only taught at secondary age), this should only be done using a manikin. You can find out more about how to purchase manikins in the [FAQ section](#) of the website.

The British Red Cross has developed a method called the Everyday first aid approach, which uses the most up-to-date first aid advice with actions that are simple to do, easy to learn, and easy to remember; that are available as part of this toolkit.

First aid champions learning approach

The toolkit follows three learning steps:



This tried and tested approach helps children learn the skills and confidence to assess situations, solve problems and make decisions to look after themselves and to help others. Through learning and then practising they express how they feel and learn valuable skills. The toolkit has three main modules – first aid skills, kindness and coping, and safety, children follow six relatable characters and explore first aid stories relevant to their lives.

Each teaching activity download in the resource includes an easy to follow template:

Suggested group size for the activity

What you need – such as provided supporting resources

Learning objectives and teaching activity ideas

6 Head injury

<p>Group size</p>  <p>Whole group or small groups</p>	<p>Suggested timing</p>  <p>20-25 minutes</p>	<p>Method</p>  <p>Film and discussion</p>
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What you need

-  [Film](#)
-  **Pens and paper**
-  **PowerPoint**
-  **How to help cards**

Learning objectives

- Learn first aid skills.
- Feel confident to help someone who needs first aid.
- Feel able to help someone in need of first aid.

Overview

Children learn about how to recognise the signs of a head injury, before learning what key action to take to help someone who has a head injury.

Preparation

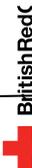
Ensure you can play the head injury [film](#), and display the PowerPoint. Display or print off the How to help someone who has a head injury card.

How to run the activity

1. Start with these questions to check current learning and to open the topic with the group. Ask children:
 - How might someone hurt their head? *They might bump it on something; for example, if they fall.*
 - How can you tell if someone has a head injury? *They may have banged their head. Their head may hurt, or they may have a headache. A bump might appear on their head.*
 - Have they ever had a head injury or known someone who has? What happened? *Make sure the children know that they don't need to share if they find a story upsetting. Explain that you are going to learn how to help someone who has a head injury.*
 - How might you feel if you had to help someone with a head injury? *It can be very serious when someone has hurt their head. It is okay to feel worried or scared, the most important thing is to recognise what is happening and to calmly help them.*
- What can you do to help someone who has a head injury? Ask children if they

Suggested timings

Method used in the activity



British Red Cross

Suggested sequence of activities and first aid skills across the primary school year groups

This table suggests a sequence of activities to deliver with each year group. First aid champions is a teaching toolkit, so these activities could be returned to in different year groups to reinforce learning if needed. Follow the table across horizontally for each year and find 1-2 hours' worth of teaching activities.

Register for My groups and track children's first aid learning progress	Module	Introductory activities	First aid module – learn and practise activities	Kindness and coping module – learn and practise activities	Safety module – learn and practise activities	Share activities	Give out certificates to children for taking part in First aid champions
	Year group						
	One	Why is first aid important?	Asthma attack	What do kindness and coping mean?	Calling 999		
	Two	Meet the characters	Burn	Coping skills			
	Three	Giving first aid	Bleeding		Spot the danger		
	Four <i>(Key curriculum activities)</i>	Introduction to the Red Cross Meet the characters	Head injury	Thinking about helping (learn) Decision making (practise)		Share activity ideas	
	Five	Why is first aid important?	Broken bone Choking	Emotions and comforting others (learn) Words of kindness and comfort (practise)			
	Six	Giving first aid	Unresponsive and breathing Unresponsive and not breathing	Keeping calm (learn) Creating a calm and kindness plan (practise)	Safety stories		



Supporting children during their first aid learning

This resource explores the illnesses or injuries that relate to giving first aid. Therefore, there is the potential for children to feel upset, especially if they have experience of similar situations.

To help you support children whilst learning first aid you could use the: Creating a safe, inclusive and supportive learning environment; which is a guide to supporting children as they this content, which can be found in the [Guidance and support section](#) of the website.

Contact

If you have any queries about First aid champions or this sequencing guide, please contact us at: reducation@redcross.org.uk