#### Links to the Curriculum for Excellence in Scotland - primary

First aid champions can be delivered as a minimum of two sessions, or over multiple sessions. The toolkit style resource is designed for you to pick and choose content to tailor the sessions to your classes.

Choose activities from the following modules:

* Introduction – choose from [introductory activities on the homepage](http://www.firstaidchampions.redcross.org.uk/primary) and on the landing pages of each module
* [First aid skills](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/) – learn and practise eight first aid skills relevant to children
* [Kindness and coping](https://firstaidchampions.redcross.org.uk/primary/kindness-and-coping/) – learn and practise how to help others and keep calm
* [Safety](https://firstaidchampions.redcross.org.uk/primary/safety/) – learn and practise how to stay safe while helping others
* Explore ideas for children to [share](https://firstaidchampions.redcross.org.uk/primary/share/) their learning with others.

First aid champions contributes to elements of the Curriculum for Excellence. By taking part in First aid champions, children can develop their learning in the following subject areas; below are suggested curriculum links.

|  |  |
| --- | --- |
| Health and well-being | Literacy |
| Physical well-being* I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.
* I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.
* Knowing how to get help in unsafe situations, including emergency help.
 | **Mental and emotional well-being*** I am aware of and able to express my feelings and am developing the ability to talk about them.
* I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.
* I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.
* I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills.
 | * Engage with and create a wide range of texts in different media.
* Developing confidence when engaging with others within and beyond my place of learning.
* Show an understanding of what is listened to or watched by responding to literal, inferential, evaluative and other types of questions, and by asking different kinds of questions.
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# Pupils requiring additional support for learning

# This resource is designed to be differentiated to learners’ needs. The toolkit approach enables teachers of pupils that require additional support for learning to tailor content to their group’s needs. The resources are inclusive to ensure children feel connected to the content.

# Curriculum for Excellence purpose

# First aid champions contributes to Curriculum for Excellence purpose for learners:

**Successful learners**

Openness to new thinking and ideas

Able to use literacy and communication skills

Able to use technology for learning

Think creatively and independently

Learn independently and as part of a group

Make reasoned evaluations

Link and apply different kinds of learning in new situations

Self-respect, secure values and beliefs

**Confident individuals**

 A sense of physical, mental and emotional wellbeing

Relate to others and manage themselves

Be self-aware

Assess risk and make informed decisions

Respect for others

**Responsible citizens**

Make informed choices and decisions

Develop informed, ethical views of complex issues.

Resilience and self-reliance

**Effective contibutors**

Communicate in different ways and in different settings Apply critical thinking in new contexts

Solve problems.