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

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](https://firstaidchampions.redcross.org.uk/secondary/) and on the landing pages of each module
* [First aid skills](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/) – chose 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 contributes to elements of the Curriculum for Excellence. By taking part in First aid champions, young people 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.
 | First aid champions contributes to elements set out in the Literacy and English experience and outcomes guidance to support opportunities to:* communicate, collaborate and build relationships
* reflect on and explain my thinking skills, using feedback to help me improve and sensitively provide useful feedback for others
* taking advantage of the opportunities offered by ICT
* extend and enrich my vocabulary through listening, talking, watching and reading
 |

# 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 young people 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.