



# Suggested sequence through first aid champions content – secondary.



This document aims to support secondary 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 young people 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 you will find ready-made teaching activity ideas to download as well as: PowerPoints, worksheets, role play ideas and 'learner skill guides' with all the content and information to support you to teach lessons on first aid, helping others and safety and well-being.

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 young people to develop the knowledge and confidence to act when someone needs first aid.

## First aid equipment

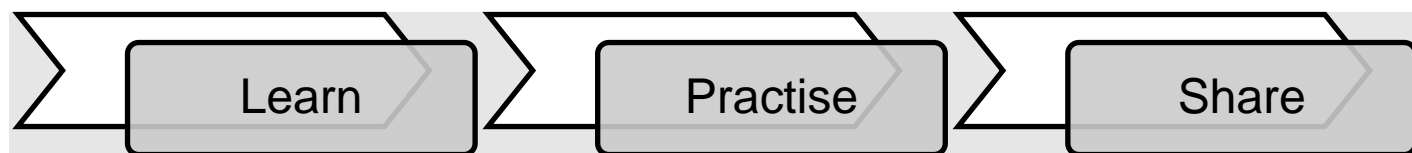
You don't need a first aid kit to deliver any sessions. The resource gives examples of how everyday items can be used in an emergency. For example, a t-shirt can be used to put pressure on a bleeding wound or water used to cool a burn. Using everyday items teaches young people improvisation skills for 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, 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; these are available as part of this toolkit and learner skill guides.

### First aid champions learning approach

The toolkit follows three learning steps:






<p><b>Learn:</b> help young people learn what to do when someone needs first aid, as well as how to show kindness, help others and keep safe and well.</p>	<p><b>Practice:</b> give young people the opportunity to practice their new skill in practical activities that help them remember what to do.</p>	<p><b>Share:</b> encourage young people to share what they have learned with others. Spreading the message of first aid and helping others.</p>
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This tried and tested approach helps young people learn the skills and gain 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, helping others, and safety and well-being, young people follow relatable characters and explore first aid stories relevant to their lives.

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

**6. Head injury**

Suggested group size for the activity	<b>Group size</b>  Whole group or small groups	<b>Suggested timing</b>  30 minutes	<b>Method</b>  Discussion and film	Suggested timings
What you need – such as provided supporting resources	<b>What you need</b>  Head injury interactive activity (images and text) on the <a href="#">head injury first aid skill page</a>  Learner skill guide 'helping someone who is having a head injury'			Method used in the activity
Learning objectives and teaching activity ideas	<b>Learning objectives</b> <ul style="list-style-type: none"> <li>• Learn first aid skills and about basic treatment for common injuries</li> <li>• Feel confident to help someone who needs first aid</li> <li>• Learn about helping others and kindness</li> </ul> <b>Overview</b> Young people learn about head injuries, what they are and what happens when someone has one. They then learn the steps to helping and the key action to take when someone has a head injury.			
	<b>Preparation</b> Ensure you can access the First aid champions website and can move through the interactive activity on the <a href="#">head injury first aid skill page</a> . Display or print off the Learner skill guide 'helping someone who has a head injury'.			
	<b>How to run the activity</b> 1. Ask young people: <ul style="list-style-type: none"> <li>- What could cause someone to have a head injury?</li> </ul> Head injuries are caused when someone has an accident where they hit their head. <ul style="list-style-type: none"> <li>- What happens when someone has a head injury?</li> </ul> They may be in pain, have a headache and have a lump on their head. If someone has a serious head injury they may also feel sick, confused or drowsy.			

**Building on what students have covered at primary.**

Your students will have had different experiences of learning first aid at primary school. Some may have been taught using First aid champions.

We recommend covering all first aid skills again. The secondary material is different to what they may have seen at primary and age appropriate for secondary students. This approach reinforces primary learning and makes sure that all students have embedded primary topics. After that AED's and other topics and concepts such as the bystander effect are introduced.



### Suggested sequence of activities and first aid skills across the secondary 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 <a href="#">My groups</a> and track children's first aid learning progress	Module	Introductory activities	First aid module – learn and practise activities (* indicates activities that include a film)	Helping others – learn and practise activities	Safety and wellbeing module – learn and practise activities	Share activities
	Age group					
11-12		<a href="#">Introduction to the Red Cross</a>	<ul style="list-style-type: none"> <li><a href="#">Asthma attack *</a></li> <li><a href="#">Bleeding heavily *</a></li> <li><a href="#">Unresponsive and breathing *</a></li> <li><a href="#">Broken bone</a></li> </ul>	<a href="#">Choosing to help</a>	<a href="#">Keeping safe</a>	<a href="#">Share activity ideas</a>
12-13		<a href="#">The role of kindness and helping in first aid - think pair share</a>	<ul style="list-style-type: none"> <li><a href="#">Unresponsive and not breathing</a></li> <li><a href="#">Burns *</a></li> <li><a href="#">Choking *</a></li> <li><a href="#">Head injury *</a></li> </ul>	<a href="#">Exploring bystanders</a>	<a href="#">Calling 999</a>	
13-14			<ul style="list-style-type: none"> <li><a href="#">Unresponsive and not breathing when an AED is available</a></li> <li><a href="#">Severe allergic reaction</a></li> <li><a href="#">Seizures and epilepsy *</a></li> </ul>	<a href="#">Inspiring you to help</a>	<a href="#">Coping skills</a>	
14-15			<ul style="list-style-type: none"> <li><a href="#">Meningitis</a></li> <li><a href="#">Poisoning and harmful substances *</a></li> <li><a href="#">Stroke</a></li> </ul>			
15-16			<ul style="list-style-type: none"> <li><a href="#">Heart attack *</a></li> <li><a href="#">Hypothermia</a></li> <li><a href="#">Strains and sprains</a></li> </ul>			

Give out [certificates](#) to children for taking part in First aid champions



### Supporting young people during their first aid learning

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

To help you support young people whilst learning first aid you could use the: Creating a safe, inclusive and supportive learning environment; which is a guide to supporting young people 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: [rededucation@redcross.org.uk](mailto:rededucation@redcross.org.uk)