

**Subject/Grade: Health 7    Lesson Title: First Aid and Personal Security**  
**Teacher: Ian Bonnell**

**Stage 1: Identify Desired Results**

**Outcome(s)/Indicator(s):**

**USC7.3**

Commit to personal safety practices while acquiring basic first aid knowledge and skills.

- (a) Develop and appraise individual capabilities and assess individual limitations with respect to safety practices and first aid.
- (b) Examine possible situations at home and at school that may require basic first aid
- (c) Demonstrate the ability to "think ahead" and assess/weigh the impact of actions on the safety of self and others.
- (d) Prioritize basic first aid skills to acquire (according to needs and interests of self and of community).

**Key Understandings: ('I Can' statements)**

- I can recognize when someone needs help
- I can make sure I don't put myself at increased risk if I am providing help.
- I can stay calm enough to get help in the event the situation requires an adult.

**Essential or Key Questions:**

- **If I see someone who might need first aid, what should I think about first?**

**Prerequisite Learning:**

- Assess and demonstrate strategies used to identify and make healthy decisions in stressful situations.
- Examine stressors for which one can plan and/or over which one has control.
- Practise healthy ways of adjusting/responding to stress.

**Instructional Strategy(ies)**

- Scenario training
- Brainstorming
- Discussion
- Demonstration

**Stage 2: Determine Evidence for Assessing Learning**

**Formative:** Student review of a new scenario. Question and answer of first aid thinking and practical application of first aid products.

### Stage 3: Build Learning Plan

**Set (Engagement):**

**Length of Time: 5 mins**

Introduce the unit. Personal security and first aid

How would first aid be applicable to us?

What should I think about if I want to give first aid?

Am I qualified? What do I need to become a first aider?

**Development:**

**Length of Time:**

**10 mins**

- 1) While writing on the board, a student will get out of the desk and collapse. The rest of the class will not know of the scenario, but it will lead to a discussion about what to do next.
  - a) What should we consider? Are we, as helpers, at risk? Who do I go to for help? How does COVID change things? Do we have first aid kits in the school? Who is trained for First Aid in the school?

- 2) 5 -min Emergency Scene Management **25 mins**
  - 5 mins - Scene Survey
  - 5 min - Primary Survey
  - 5 min - Secondary Survey
  - 5 min - Ongoing Casualty Care

**10 mins**

- 3) Show the students a first aid kit. Get them in groups. Give each group an item from the kit and they have to discuss when and how they would use it. Then they would have to tell the class.

**Learning Closure:**

**10 min**

**Length of Time:**

- 1) Show a picture of a person lying on the road near the school.  
Now that we know more, what do we do?
- 2) Group Share of what we learned

**Materials/Resources:**

- First Aid kit

**Possible Adaptations/  
Differentiation:**

- Show a video instead of asking a student to act the scenario

**Management Strategies:**

- Exchanging perspectives
- Call and response

**Safety Considerations:**

- Physical distancing when possible, masks on at all times.

### Stage 4: Reflection

This was an excellent lesson. The kids were very engaged. We had great contribution from the students, excellent discussions, and the students enjoyed seeing what was inside the first aid kit. My little actor could have done better, but I ran with it and it was okay. I had asked him to act for me before lunchtime. He understood, but my teaching period was the last of the day, and I think he may have forgotten or confused his assignment. It was all good though. We had fun with it.