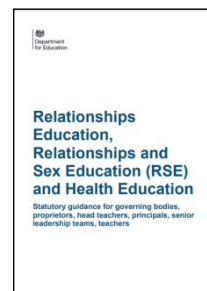


<b>Year 5 Spring 1</b> How can we help in accident or an emergency?  <b>Theme : Health and wellbeing</b> Basic first aid, accidents, dealing with emergencies		
<b>PoS Core theme 1</b> <b>Health and wellbeing</b>	<b>Core theme 2</b> <b>Relationships</b>	<b>Core theme 3</b> <b>Living in the wider world</b>
<b>Keeping safe</b> <b>H43.</b> about what is meant by first aid; basic techniques for dealing with common injuries <sup>2</sup> 2 Common injuries might include bruises, scalds, burns, bleeds (cuts or nose bleeds). Schools might also choose to teach about how to manage asthma attacks, allergic reactions, a person who is choking or unresponsive. For head injuries, pupils should be taught to seek adult help immediately but not to attempt to move the person. <b>H44.</b> how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say		
<b>Prior Learning:</b> Y4 Summer 2 How can we manage risk in different places? Y3 Autumn 2 What keeps us safe? Y2 Spring 2 What helps us to stay safe? Y1 Summer 1 Who helps us to keep safe		
<b>End points :-</b> <ul style="list-style-type: none"> <li>• how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions</li> <li>• that if someone has experienced a head injury, they should not be moved</li> <li>• when it is appropriate to use first aid and the importance of seeking adult help</li> <li>• the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services</li> </ul>		
<b>Key vocabulary</b> Scalds choking reactions allergic		

**Relationship education, relationships and Sex education RSE and Health education statutory guidance**

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



**Relationship Education – graduated age appropriate programme links**

**Physical health and mental well being : Primary**

Basic first aid
Pupils should know How to make a clear and efficient call to emergency services
Concepts of basic first aid, for example dealing with common injuries, including head injuries

Citizenship	Character Education –	British values	Careers Curriculum
	<b>Penketh Powers</b> Resilience Responsibility Respectfulness Kindness: <b>Penketh School expectations</b> Listen, Do as asked Work well with others Be the best you can be	Rule of Law Tolerance and respect Democracy Individual Liberty Protected Characteristics Equality Act	

Cultural	Spiritual	Moral	Social
<p>understanding and appreciate the range of cultural influences that have shaped their own heritage and that of others</p> <p>understanding and appreciate the range of different cultures as an essential element of their preparation for life in modern Britain</p> <p>ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities</p> <p>knowledge of Britain's democratic parliamentary system and its role in shaping history and values, and continuing to develop</p> <p>willingness to participate positively to artistic, musical, sporting and cultural opportunities</p> <p>interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.</p>	<p>ability to be reflective about their own beliefs (religious or otherwise) and perspective on life</p> <p>knowledge of, and respect for, different people's faiths, feelings and values</p> <p>sense of enjoyment and fascination in learning about themselves, others and the world around them</p> <p>use of imagination and creativity in their learning</p> <p>willingness to reflect on their experiences</p>	<p>ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England</p> <p>understanding of the consequences of their behaviour and actions</p> <p>interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues</p>	<p>use of a range of social skills in different contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds</p> <p>willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively</p> <p>acceptance and engagement with the fundamental British values</p>

Y5 Spring 1 How can we help in an accident or an emergency?

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## Sequence of lesson to follow

Lesson Plans and resources DfE approved

Email: penketh.head@wpat.uk

Password: penketh22!

[https://pshe-association.org.uk/\\_hcms/mem/login?hsLang=en](https://pshe-association.org.uk/_hcms/mem/login?hsLang=en)



[Build your programme \(pshe-association.org.uk\)](https://pshe-association.org.uk)

*PSHE Association power points, resources linked to topic – click on the purple links to download*

*NB: You will need to be logged in to the PSHE Association to access resources*

Spring 1 How can we help in an accident or emergency?	<b>Health and wellbeing</b>  Basic first aid, accidents, dealing with emergencies  PoS refs: H43, H44	<ul style="list-style-type: none"><li>• how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions</li><li>• that if someone has experienced a head injury, they should not be moved</li><li>• when it is appropriate to use first aid and the importance of seeking adult help</li></ul>	<a href="#">St John Ambulance: 'First Aid Training in School' lesson plans, KS2</a>
		<ul style="list-style-type: none"><li>• the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services</li></ul>	

KS2-4



## First aid lesson plans and resources

1 / 6 [View resource](#)

- Free lesson plans
- Accompanying film clips and slides
- Statutory RSHE content

KS2 lesson plans cover the following six first aid topics:

- **Asthma:** Causes and what to do if someone is having an asthma attack
- **Bites and stings:** First aid for bites and stings and responding to allergic reactions
- **Bleeding:** First aid for bleeding and shock
- **Choking:** What to do if a toddler, child, or adult is choking
- **Emergencies and calling for help:** Responding in an emergency situation and calling emergency services
- **Head injuries:** First aid for minor and severe head injuries

[St John Ambulance: First Aid Training in School \(pshe-association.org.uk\)](https://pshe-association.org.uk)

[First Aid Lesson Plans | St John Ambulance \(sia.org.uk\)](https://sia.org.uk)