Basic First Aid Progression Map

DfE Relationships Education and Health Education statutory requirements

**id**1. How to make a clear and efficient call to emergency services if necessary.

2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.

<https://firstaidchampions.redcross.org.uk/>

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| **Year Group**  | **Introductory lesson**  | **First aid module – learn and practise activities** | **Kindness and coping module – learn and practise activities** | **Safety module – learn and practise activities** |
| One  | Why is first aid important? Understand what first aid is and why it is importantExplain some situations where someone might need to do first aid | Asthma attack Learn how to recognise when someone is having an asthma attackLearn the key action to help when someone is having an asthma attackPractise applying the key action to a known situation in a role play | Kindness and Coping.Learn and remember what kindness and coping mean.Learn and discuss the importance of helping others and what inspires us. | Calling 999Learn how to safely get help in an emergency, including calling 999Learn what a 999 call is like and the kind of questions they will askPractise making a 999 call and giving the correct information to the person on the phone |
| Two | Meet the charactersIntroduce the characters the children will meet in First aid champions. | Burns Learn how to recognise when someone has a burnLearn the key action to help when someone has a burnPractise applying the key action to a known situation in a role play | Coping Skills Learn and understand ways we can take care of ourselves and othersPractise using some coping skills |  |
| Three  | Giving First aid Understand what first aid is and why it is importantExplain some situations where someone might need to do first aid | Bleeding Learn how to recognise when someone is bleeding a lotLearn the key action to help when someone is bleeding a lotPractise applying the key action to a known situation in a role play |  | Spot the Danger Learn and understand ways we can keep ourselves and others safeLearn and practise how to assess and spot dangersPractise how to plan ways to reduce danger and make things safer |
| Four  | Introduction to the Red Cross Children learn more about the work of the Red Cross. | Head Injury Learn how to recognise when someone has had a head injuryLearn the key action to help when someone has had a head injuryPractise applying the key action to a known situation in a role play | Thinking about helping and Decision makingDiscuss what might encourage people to stop and helpPractise prioritising what to do first when helping othersEvaluate how we can help others in any situation |  |
| Five  | Why is first aid important? Understand what first aid is and why it is importantExplain some situations where someone might need to do first aid | Broken Bones Learn how to recognise when someone may have a broken boneLearn the key action to help when someone may have a broken bonePractise applying the key action to a known situation in a role play**Choking**Learn how to recognise when someone is chokingLearn the key action to help when someone is chokingPractise applying the key action to a known situation in a role play | **Emotions and comforting others (learn)****Words of kindness and comfort (practise)**Learn to identify feelings people might have in first aid situationsPractise applying knowledge of kindness and comforting others to a known role play |  |
| Six  | Giving First aid Understand what first aid is and why it is importantExplain some situations where someone might need to do first aid | Unresponsive and Breathing Learn how to recognise when someone is unresponsive and breathingLearn the key action to help when someone is unresponsive and breathingPractise applying the key action to a known situation in a role play | **Keeping Calm (Learn)****Creating a calm and kindness plan (practise)**Learn to identify some feelings experienced in a first aid situationLearn to identify and explain kind actions and things that help people copePractise and share learning by creating a plan to help learners stay calm and kind | Safety Stories Learn how to assess dangerLearn how to stay safe by telling an adultPractise assessing danger and staying safe by telling an adult in a role play |