



First aid champions - primary

Home learning pathway



We know that teachers and parents have a lot to keep them busy at this time, but what could be more empowering than learning vital first aid skills during lockdown? Even better the whole family can get involved. [First aid champions*](#) is packed full of learning activities for 5 to 18 year olds. From films and photos to role plays and quizzes there's something for everyone.

To make it easy for you to navigate your way through the site we've created another learning pathways (primary and secondary) to help you use the site in a home-school setting. The routes show the different ways you can use the site. The whole site is free for you to use and explore, the pathways are there to guide if needed.

Primary pathway (5 to 11-year-olds)

Again, start on the homepage to learn more about the site, or you can skip this part if you've already done it. Say hello to the eight relatable characters who you'll learn with.

1. Start by exploring the importance of [kindness and coping](#) when giving first aid. Start with Georgia and Beth's films.
2. Explore the importance of taking care of yourself and [coping](#) well with Jonjo's breathing with colour exercise.
3. Explore [emotion's and comforting](#) others with Ekam's film. Explore the importance of kind words.
4. Think about [safety](#) in the house with the 360 safety photo. Identify the dangers in the house and how to keep yourself safe.
5. Now learn the skills. Each skill page follows a similar format. Start by tracking confidence, watch the video and learn the simple steps to take. You can take your learning further by acting out a scenario in the role play card. At the end of each skill test yourself with the quiz. Follow the link, select the skill you want to test and click start. We suggest you start by learning how to help someone who:
 - a. has a [head injury](#) and quiz
 - b. might have a [broken bone](#) and quiz
 - c. is [choking](#) and quiz
6. Finally, [share](#) your learning with others to strengthen your knowledge. Follow the guidance on the page of how you can share safely with others.

You can continue working your way through the First aid champions site or click other teaching activity downloads to keep learning.

Feedback

We would love to hear your feedback on First aid champions. Look out for the questions that pop up at the bottom of the screen and answer them to help us to improve.

**First aid champions was originally due to go live this summer. It has been made available earlier to help schools and parents during the coronavirus crisis. First aid education is being included in the RSE and Health curriculum for schools in England from*



September 2020. Some schools have signed up to take part in a pilot to provide valuable feedback. If have any questions about the resource please email rededucation@redcross.org.uk