

**Basic First Aid 1**

**Core Concepts**

Safety RP1

**Key Vocabulary**

Emergency

Injury

ill

Ambulance

First aid

Plaster

Medicine

Paracetamol

Bandage

**Stages**

Stage 1 – Talk about basic first aid including medicine, plasters and bandages

Stage 2- Discuss what a medical emergency is

Stage 3- role play scenarios of making a call to the emergency services

**Unit Outcome**

To understand basic first aid.

To talk about how to make a call to emergency services.

**Enquiry Questions**

1. What kinds of medicines will you find in every ones home?
2. What should you do if you are not sure whether to take medicine?
3. Can you get into trouble if you call the emergency services by accident?
4. What can you do if you want some advice about a medical issue but it is not a serious emergency.

**Useful Resources**

**Key Facts**

Children just know that if they have a medical issue that they need a doctor for they should ring 111

Children should know that in the UK we call 999 and we ask for an ambulance when there is an emergency

Children should know their address.

Discuss briefly that when you have a minor burn to run under a tap.

## Sun Safety 1

### Core Concepts

Safety RP1

### Key Vocabulary

Summer

Winter

Skin

UV Rays

Sun

Shade

Burn

SPF

### Stages

Stage 1 – Discuss the difference between winter and summer and how this can affect our skin

Stage 2- Research what happens when the sun touches our skin and the dangers of being in the sun

Stage 3- Plan what to take on a trip to be safe in the sun

### Unit Outcome

To understand how to be safe in the sun.

### Enquiry Questions

1. Can my skin burn on a cloudy day?
2. How does water help?
3. What types of clothing should I wear on a sunny day?

### Useful Resources

Worksheet for planning a trip in the sun= Shared Area> Subject Leader Files>Useful Resources> Year 1 2 > Sun Safety 1> Sun Safe Trip

Planning document= Shared Area> Subject Leader Files? Useful Resources> Year 1 2> Sun Safety 1>Lesson Plan Ideas

PowerPoint= Shared Area> Subject Leader Files? Useful Resources> Year 1 2> Sun Safety 1> Lesson on Sun Safety

### Key Facts

Children should wear a minimum SPF 30 when they go outside.

## Physical Health 1

### Core Concepts

Health RP2

### Key Vocabulary

Exercise

Health

Mental

Physical

Oxygen

Healthy

Energy

Fruit

Vegetables

Protein sugar dairy

Vitamins

Fat

Carbohydrates

Year 2- Balanced diet, variety

### Stages

Stage 1 – discuss how physical health helps to stay healthy

Stage 2- Explain a healthy diet (year 1= research the different food groups and year 2= research a balanced diet)

### Unit Outcome

To understand the importance of mental and physical activity to stay healthy.

Healthy Eating- To be able to talk about what makes an unhealthy diet including nutritional content

### Enquiry Questions

1. What can I eat for dinner to be healthy?
2. What types of snacks are healthy?
3. What happens if I don't brush my teeth?

### Useful Resources

Shared Area> Subject Leader Files> Useful Resources> Year 1 2> Physical Health 1

### Key Facts

There are five basic food groups- fruits and vegetables, carbohydrates, protein, dairy and foods containing fat and sugar

## Being a Responsible Citizen 1

### Core Concepts

Living in the Wider World RP5

### Key Vocabulary

Responsible

Choices

Rights

Rules

Rights

Groups

Environment

Harms

### Stages

Stage 1 – explore how we contribute to the life of the classroom and school

Stage 2- understand what it means to be responsible

Stage 3- discuss the different groups we belong to and the responsibilities we have in them including, classes, families and friendship groups

Stage 4- debate how we harm and improve our environment

### Unit Outcome

To think about how they can contribute to the life of the classroom and school

To understand that we have rules to follow and why and that everyone has rights.

To understand that we belong to different groups and what harms and improves our environment.

### Enquiry Questions

1. How can we negatively contribute to the classroom and school
2. Where can I find the human rights that I have?
3. What happens if we don't follow rules?

### Useful Resources

PowerPoints to help with planning> Shared Area> Subject Leader Files> Useful Resources> year 1 2> Being a Responsible Citizen 1

### Key Facts