



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 two learning pathways (primary and secondary) to help you use the site in a home-school setting. 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)

1. Start on the [homepage](#) to learn more about the site. Say hello to the eight relatable characters who you'll learn with.
2. Learn why first aid is [important](#) and select which first aid [skills](#) you're going to learn (there's 8 to choose from). Each first aid skill focuses on one key action to take, making it simple to teach and easy to learn.
3. Each first aid skill page follows a similar format. Start by tracking your confidence, watch the film and learn the simple steps to take to help someone who needs first aid. You can take your learning further by acting out a scenario in the role play card.

We suggest you start by learning how to help someone who:

- a. is having an [asthma attack](#)
 - b. is [bleeding](#) a lot
 - c. has a [burn](#)
4. Quiz time - test your new knowledge with a [quiz](#). Select the first aid skill or skills you want to test and click start. You can build a personalised quiz by selecting as many first aid skills as you have learned.
 5. Explore the importance of first aid with [thinking about helping](#). Watch Dele's film about overcoming worries and do the activity to make a [priority diamond](#) and practise decision making.
 6. Think about what to do when you [call 999](#) by listening to Lily-Mae's recording. Learn what to say to the 999 operator and increase confidence to talk to the emergency services when needed.
 7. Finally, [share](#) your learning with others to strengthen your knowledge. Follow the guidance on the page of how you can share creatively with others in your household.

You can continue working your way through the First aid champions site or click other teaching activity downloads to keep learning. Watch out for the next learning pathway which will be available soon.

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 reducation@redcross.org.uk*