

## Health Education Today – Unit Outline



**Here are a few of the detailed activities included:**

### **DAY 1:**

- -FUN intro video
- -First Aid Group Work in groups of 3
- -“First Aid Skills Group Sheet” with videos to walk them through scenarios!
- -Either use the British version with "Q.R. Coded Worksheet" or use the "American Red Cross First Aid Smartphone App (Students can access websites directing from the QR Code or Smartphone App!)

### **DAY 2:**

- -Fun First Aid Cartoon
- -Finish First Aid Group Work
- -Decide which injury to do for group injury reenactment activity
- -First aid animation video
- -Begin reenactment injury response planning

### **DAY 3 + 4:**

- -Students work on injury response reenactment scenarios
- -Group Grading Rubric included!

### **DAY 5 + 6:**

- -Groups perform reenactment scenarios to class!
- -Optional "Emergency Evacuation Plan with Family Homework"

### **DAY 7:**

- -"CPR Card Template"
- -C.P.R. Video "New CPR Guidelines for Adults" and "Video Review Sheet" and Key
- -Retro "Stayin' Alive" music!
- -C.P.R. and how to use an AED
- -Optional School Nurse, Paramedic, Fireman, other professional guest, or teacher teach C.P.R. training

### **Day 8:**

- -After watching an interview with NFL football player Damar Hamlin discussing his collapse on the football field during a nationally televised game; and recognizing the miracle of how first aid responders literally saved his life, students will complete a "First Aid Heroes Advocacy Project!"

### **DAY 9, 10, 11:**

- -Wilderness First Aid videos
- -"Wilderness First Aid" lessons:
  - Wrapping sprained ankles
  - Making a leg splint
  - Making an arm sling

### **DAY 10:**

- -Unit Assessment Options
- -Student-Created PowerPoint Slide Quiz
- -Online American Red Cross Quizzes
- -Kahoot Online Interactive Quizzes

**DAY 11 + 12:**

- -Public Service Announcements Examples
- -Students create "Public Service Posters"
- -"Art Rubric" included

**DAY 13 + 14:**

- -First Aid Cartoons!

**DAY 15:**

- -Creating a First Aid Kit from the American Red Cross List
- -Additional Videos, including: Adult, Infant and Child C.P.R., and
- Babysitting and Life Guarding.