



First Aid for Pupils & Students

“From 2020 onwards, all state-funded schools in England will be required to teach First Aid as part of health education. This will include basic First Aid for primary school children, for example dealing with common injuries, such as head injuries. Pupils in secondary schools will be taught for example, how to administer CPR and the purpose of defibrillators”.

Active Training have developed a number of courses specifically to meet the National Curriculum requirements for Science, PSHE/Citizenship and PE. Delivered by a qualified teacher (QTS) with full DBS certification.

Our course costs are calculated on a fair pricing basis dependant on group sizes and length of course. Rates are roughly comparable to supply teaching rates.

You can book a qualified experienced teacher to run your First Aid classes.

We provide courses for:

Nurseries: 3 – 4 year olds

Primary Schools: 4 – 6 year olds

Primary Schools KS2: 7 – 11 year olds

Secondary schools KS3: 11 – 14 year olds

Secondary schools KS4: 14 – 18 year olds

Expeditions First Aid for Pupils (eg DofE Award)

Our courses will be tailored to suit your organisational requirement and your school day.

*For more information or an informal discussion,
please speak to Richard on 077525 062540*

or email hello@active-achievement.co.uk

Richard Direct: 077525 062540 email hello@active-achievement.co.uk

www.active-achievement.co.uk

Sample Lesson Outlines



Nurseries: 3 – 4 year olds

We will look at.... what do when someone is poorly including calling 999. We will use teddy bears during the class, looking at bumps and bleeding and simple bandaging. We may also cover at safe eating including Sit, Chop & Chew. Our class normally last 30 - 45 minutes

Primary Schools: 4 – 6 year olds

Children learn to deal with Calling for Help, bumps & breaks, burns and bleeding, CPR and choking. This **1-hour session**, is a fast and whistle stop tour of First Aid skills. We can run a second session covering topics further if required.

Primary & Secondary Schools: Key Stage 2, 3 and 4.

We provide classes appropriate to the different Key Stages.

One-hour First Aid Taster. We can deliver 5 classes in one day. This is an introduction to First Aid. We cover the essentials then specialise on one topic.

Two-hour First Aid. This meets the minimum recommendations from the Department for Education. We cover the essentials then specialise on one topic.

Three-hour First Aid. This half-day session fully meets the recommendations from the Department for Education. Calling for help, Primary survey, Recovery position, Head injuries, Minor bleeding, Severe bleeding, & Shock.

One-Day First Aid. This full day of First Aid activity which meets the recommendations from the Department for Education?

Expeditions First Aid for Pupils (e.g. D of E Award)

At the end of this course, participants should feel confident to deal with an incident in a remote environment where help is delayed.

This course will be trained by **qualified Mountain Leader, Canoeing Coach, and teacher** who is experienced in operating in removed environments, and training & supervising Duke of Edinburgh expeditions.

We will cover First Aid and Emergency Procedures for those undertaking expeditions on foot and canoe. This will ensure participants feel confident to deal with an incident in a remote environment where help is delayed.

We can run this course as a half day or full day. We cover the recommendations from the Department for Education for pupil First Aid and the Duke of Edinburgh Award syllabus for First Aid and Emergency Procedures

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