

## Basic First Aid

### Learning Objectives

- I can demonstrate basic first aid and emergency procedures

### Teacher Notes

- This lesson will include pauses for student thinking and discussion. Pause the video as instructed for student input.
- Students will engage in a “First Aid Charades” activity where they will be divided into teams and act out basic first aid procedures. Print the First Aid Charades Injury List attached to this plan for students to act out.

### Lesson Steps: Video Outline: [6.3n Basic First Aid Video](#)

#### *Step 1 Introduction*

- Pre-Assessment
  - Have you ever been in a situation that required first aid?
- The video will review basic first aid procedures.

#### *Step 2 Activity*

- First Aid Charades: Divide students into teams. One member of the team will act out a basic first aid scenario (listed on the next page or create yourself). Teammates will take turns guessing what the injury is. The first team to correctly guess the injury and how to treat it gets a point. The team with the most points upon completion wins.

#### *Step 3 Closure*

- Exit Ticket: Why is it important to know basic first aid?

### Assessments

- Pre: Lesson will introduce topic, engage learners, and access prior knowledge
- Post: First Aid Charades will allow students to apply their knowledge of basic first aid to acted out scenarios. Teacher will observe student responses to determine level of understanding.

### Extensions/Connections/Applications

- Extend First Aid Charades by providing a bonus point to the team who can identify what NOT to do during the injury



Sample Lesson Plan  
Virginia 2021 SOL Edition  
Created by: Loren Dragon

**Basic First Aid**  
**GR6-SAF-6**  
**Grade 6 - 6.3n**

## Resources/References

- [Health Smart VA](#)
- [McGrawHill Education: Glencoe Teen Health](#)

## Handouts

- First Aid Charades Injury List
- [6.3n Basic First Aid Slides](#)

## First Aid Charades Injury List

Insect Bite



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**GR6-SAF-6**  
**Grade 6 - 6.3n**

Sunburn

Scraped Knee

Sprained Ankle

Injured Elbow

Feeling Dizzy

Nose Bleed

Stomach Pain

Bruised Arm