

FIRST AID



Feeling confident outdoors sometimes means preparing for and responding to basic first aid situations. From non-life threatening cuts to hypothermia, learn strategies to address common outdoor hazards

In this program, students will:

- Apply a variety of bandages, splints and slings
- Identify potential hazards and readily adapt to changing conditions
- Demonstrate leadership and cooperation in a group activity
- Learn to provide for basic needs and overall health, especially in emergency situations.



Target Age:
9-12



Format:
In-person

Big Ideas

PHE 4/5:
Personal choices influence our health & well-being

Science 5/6:
Basic organ systems to survive & interact with the environment

Curricular Competencies

Science

- Experience and interpret the local environment
- Make observations in familiar and unfamiliar contexts
- Transfer and apply learning to new situations

Social Studies

- Develop a plan of action to address a selected problem or issue

Physical Health Education

- Apply a variety of movement concepts and strategies
- Develop and demonstrate safety, fair play, and leadership in physical activities
- Identify and describe potential challenges to participation in preferred types of physical activity at school, at home, and in the community
- Describe strategies for communicating medical concerns and getting help with health issues

Core Competencies



- Working collectively
- Determining common purposes



- Generating and incubating
- Designing and developing



- Well-being
- Resolving problems