

LESSON PLAN

RESUSCITATION

Please ensure you have adequate first aid knowledge before teaching this lesson.

Please contact us if you need any help or guidance with this.

1. DETAILS OF TEACHER

Name:	Date:	Time:	Class:
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2. DETAILS OF LEARNING OBJECTIVES

By the end of the lesson, students will be able to:

- identify a life-threatening situation
- perform chest compressions on a manikin
- inflate the lungs of a manikin
- perform cardiopulmonary resuscitation (CPR) in accordance with the current UK guidelines.

3. DETAILS OF ACTIVITIES, TIMINGS AND RESOURCES REQUIRED

Note: We appreciate that you may not be able to spend a full hour on this topic. Feel free to choose activities to fit the time you have available. For example, you could do one task from each starter, development and plenary category.

Activity	Suggested timing	Resources required
Starter activities		
<ul style="list-style-type: none"> ➤ Ask the students to discuss what they understand by 'resuscitation' ➤ Ask the students why and when it would be used. Record and display responses from the students	5 mins	Whiteboard Paper and pens
Confirm when resuscitation is necessary - non breathing casualty or agonal breathing present. (making the link to heart attacks causing cardiac arrest).	5 mins	
Development activities		
Explain or discuss the appropriate action and the order to perform it in when a casualty is not breathing. Ensure that links are made to the primary survey and when to call an ambulance.	10 mins	PowerPoint presentation
Explain correct resuscitation procedure and the theory supporting the actions <ul style="list-style-type: none"> ➤ Demonstrate the correct procedure of chest compressions and rescue breaths. ➤ Ask for a volunteer to carry out a second demonstration following step-by-step instructions from the group. ➤ All the students are to practise the procedure allowing enough time for each of them to practise the sequence at least twice. 	15 mins	PowerPoint presentation
Discuss the differences in resuscitation protocols when the casualty is a child or infant.	10 mins	
Plenary activities		
Discuss the differences in resuscitation protocols following drowning.	5 mins	
Plenary activities		
The students could organise a quiz game devising questions in groups to pose to the other teams.		

4. DETAILS OF ASSESSMENT FOR LEARNING

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| <input type="checkbox"/> Shared LOs | <input type="checkbox"/> Question/answer | <input type="checkbox"/> Extended question/answer |
| <input type="checkbox"/> Peer assessment | <input type="checkbox"/> Self assessment | <input type="checkbox"/> Oral feedback |
| <input type="checkbox"/> Written feedback | <input type="checkbox"/> Reflection/evaluation | <input type="checkbox"/> Group work |

5. TEACHER NOTES

Use this space for differentiation notes, the role of any classroom support, evaluation notes, etc.

6. DETAILS OF SUBJECT-SPECIFIC VOCABULARY

Agonal gasps, automated external defibrillator (AED), calling for help, cardiopulmonary resuscitation (CPR), chest compressions, hand position, heart, interlocked fingers, rescue breaths, unresponsive.

7. CURRICULUM LINKS