**Lesson Overview**

**First Aid**

| **AOLE: Science and Technology** |
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| **4 Purpose:** **ethical, informed citizens** |
| **WM:** The world around us is full of living things which depend on each other for survival. | **DL:** I can identify the threats to the development and health of organisms and recognise some natural defences, preventions and treatments. |
| **LO:**I can recognise when someone is hurt and needs helpI can use basic first aid skills to help or get help from others |
| **Intro:**  |
| **Main:** Follow this lovely resource from The British Red Cross[First Aid Resources for Primary Learners](https://firstaidchampions.redcross.org.uk/en/primary/) |
| **Plenary:**  |
| **Useful links:** **Links to other units:**Boxing fitnessBoxing circuitsboxing skippingWhat happens to our hearts when we exercise |