**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 help  I 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 fitness  Boxing circuits  boxing skipping  What happens to our hearts when we exercise | | |