

Curriculum links

First aid learning for young people links to specific subjects or areas of study as well as offering opportunities for cross-curricular learning such as:

Science

First aid skills can contribute to learners' understanding of human biology, including breathing and respiration, the skeleton and muscular system, the heart and circulatory system.

Learning first aid skills can help learners to stay safe when working in a laboratory, developing knowledge of how to respond in the case of an injury such as a burn.

Physical education and sports science

First aid skills can contribute to learners' understanding of human anatomy and physiology, including breathing and respiration, the skeleton and muscular system, and the heart and circulatory system; and support understanding of the signs and symptoms of a range of sports-related injuries such as sprains, and what to do.

English, literacy and drama

The discussion and written elements of the resource can contribute to learners' development of communication skills and to their ability to discuss, debate and listen to others.

Role-plays activities could contribute to drama or expressive arts, enabling learners to act out roles that require empathy and practical application of skills.

Ethics and morals (often based around whole school approaches)

Building learners' confidence to use their first aid skills enables them to explore ideas and concepts around: helping others, why people might not feel able to intervene in a first aid situation and the impact this might have.

Learning skills for life and work

First aid learning also supports the development of skills for work and life, building young peoples' confidence, skills and knowledge to help others.

National curriculum - England

Whole school approaches: Spiritual, Moral, Social and Cultural development (SMSC)

First aid learning fits well with SMSC outcomes for young people and can contribute to supporting provision in schools. Encouraging students to develop their self-knowledge, self-esteem and self-confidence; to accept responsibility for their behavior; show initiative; and understand how they can contribute positively to society. First aid learning also encourages respect for other people.

Personal, Social, Health and Economic (PSHE) learning

PSHE has strong links to SMSC; the subject is non-statutory enabling schools to tailor to the needs of their students. PSHE is fundamental to supporting young people to develop a sound understanding of risk, alongside the knowledge and skills necessary to make safe and informed decisions; in which first aid learning can play a key role. Our resource has been awarded the PSHE Association Quality Mark for best practice PSHE resources.

For schools continuing to use the PSHE guidance from the previous version of the national curriculum, first aid learning can contribute to:

Personal wellbeing

Key stage 3

- 3g - Ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations.
- 3h - Knowledge of basic first aid.

Key stage 4

- 2.2a - Using knowledge and understanding to make informed choices about safety, health and wellbeing, evaluating personal choices and making changes if necessary.
- 2.2c - Assessing and managing risk in personal choices and situations, minimising harm in risky situations and demonstrating how to help others to do so.
- 3e - Where and how to obtain health information: how to recognise and follow health and safety procedures; ways of reducing risk and minimising harm in risky situations; how to find sources of emergency help; how to use basic and emergency first aid.

For schools using the PSHE Association Guidelines

As part of PSHE association's programme of study first aid learning contributes to the overarching concepts of **risk** (to be managed rather than simply avoided) and **safety** (including behaviour and strategies in different settings); and to **core theme 1: health and wellbeing**, linking to:

Key stage 3

- ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations
- a knowledge of basic first aid and life-saving skills
- to understand risk within the context of personal safety, especially accident prevention and road safety

Key stage 4

- how to find sources of emergency help and how to give basic and emergency first aid in appropriate contexts
- about personal safety and protection, reducing risk and minimising harm in different settings (including social settings, the street, on roads and during travel)

Citizenship programme of study

Citizenship education supports development of young peoples' understanding of how the United Kingdom is governed and the rights and responsibilities of its citizens.

First aid learning contributes to students' development of the knowledge, skills and understanding to prepare them to play a full and active part in society, linking to:

Key stage 3

- the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities.

Key stage 4

Building on key stage 3 students deepen their understanding of the rights and responsibilities of citizens, as well as experiencing and evaluating different ways that citizens can act

together to solve problems and contribute to society.

- the different ways in which a citizen can contribute to the improvement of his or her community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity.

16-19 year olds

First aid learning for young people contributes to skills for learning, life and work.

Learning first aid lends itself to a range of AS and A level subjects and to other routes students may choose such as apprenticeships. It can form a small part or core element of the learning.

First aid can support subjects where students learn about taking care of themselves and others, staying safe, the emotional needs of those in distress, the human body and human behaviour.

Curriculum for excellence - Scotland

Whole school approaches: the curriculum for excellence

First aid learning fits well with the four capacities underpinning the curriculum for excellence, supporting students to develop as:

- successful learners
- confident individuals
- responsible citizens
- effective contributors.

First aid learning for young people incorporates some of the learning approaches in the curriculum for excellence such as active learning and cooperative and collaborative learning.

The resource lends itself to elements of the health and wellbeing area of study, supporting learners to develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Learning first aid can support the development of self-awareness, self-worth and respect for others; and experiences of personal achievement; contributing to building resilience and confidence; and developing the ability to assess and manage risk.

First aid learning can contribute to:

Health and wellbeing - experiences and outcomes for 11-16 year olds:

Mental and emotional wellbeing:

- I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 3-02a / HWB 4-02a

Physical wellbeing:

- I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. HWB 3-16a / HWB 4-16a
- I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations. HWB 3-17a / HWB 4-17a

Substance misuse:

- I know the action I should take in the management of incidents and emergencies related to substance misuse. HWB 3-42a / 4-42a

16-19 year olds

First aid learning for young people contributes to core skills for learning, life and work supporting development of:

- health and wellbeing – being able to take care of yourself and others
- thinking skills - understanding, applying, analysing, evaluating, and creating
- employability, enterprise and citizenship – developing skills, understandings and personal attributes, including a positive attitude to others.

First aid learning lends itself to a range of subject areas and could form a small part or core element of the learning. First aid can support learning in subjects where students learn about taking care of themselves and others, staying safe, the emotional needs of those in distress, the human body and human behaviour.

Curriculum – Wales

Whole school approaches: learning across the curriculum

First aid learning contributes to personal and social development and well-being; supporting the development of skills across the subjects and those linked to PSE.

The resource can support students to develop thinking, communication and ICT skills; to work with and listen to others, and express their own opinion by engaging with a range of first aid scenarios. Learners can improve their own learning through developing practical skills and evaluating their confidence and knowledge.

Personal and Social Education (PSE)

First aid learning for young people supports the aims of PSE to develop learners' self-esteem and sense of responsibility, promoting self-respect and respect for others; equipping learners to live safe, healthy lives, empowering them to participate in their schools and communities as active responsible citizens, preparing learners for adult life.

The key themes relating to PSE are closely linked to learning first aid – including active citizenship, health and emotional well-being, and moral and spiritual development.

First aid learning can contribute to the following key learning stage outcomes or ranges:

11-19 year olds

Active citizenship:

- participate in school and the wider community (KS3)
- develop respect for themselves and others (KS3-5).

There are specific links to practical skills development around first aid at KS4:

- develop practical skills necessary for everyday life, e.g. basic emergency first aid procedures.

Health and emotional well-being:

- develop positive attitudes towards themselves and others (KS3)
- display a responsible attitude towards keeping the mind and body safe and healthy (KS3-4)
- accept responsibility for all aspects of personal and social development and well-being (KS5).

Moral and spiritual development:

- develop insight into their own values (KS3)
- what they believe to be right and wrong actions and the moral dilemmas involved in life situations (KS3)
- the range of values and principles by which people live (KS4)
- develop a consistent set of personal values and have the confidence to apply this in practice (KS5).

First aid learning for young people also contributes to core skills for learning, life and work.

First aid can also support learning in subjects where students learn about taking care of themselves and others, staying safe, the emotional needs of those in distress, the human body and human behaviour.

Curriculum - Northern Ireland

Whole school approaches: the whole school curriculum

Learning first aid can help students develop their thinking skills and personal capabilities that support the curriculum:

- managing information
- thinking, problem-solving and decision-making
- being creative
- working with others
- self-management.

This resource can also contribute to the cross-curricular skills of communication and using ICT; and the development of students' skills and capabilities for lifelong learning and participating in society. Active learning is a key part of first aid learning and can support development of:

- personal and interpersonal skills
- capabilities and dispositions
- ability to think both creatively and critically.

Learning for life and work - personal development

First aid learning can contribute to this area of the curriculum, supporting learners to become personally, emotionally and socially effective; to lead healthy, safe and fulfilled lives; and to become confident, independent and responsible citizens, making informed and responsible choices and decisions throughout their lives.

First aid learning can contribute to the promotion of core values, attitudes and dispositions such as:

- developing a sense of integrity and community spirit
- articulate personal attitudes and values
- take personal responsibility for their own actions
- understand the long and short term consequences of their actions for themselves and others
- encouraging self-belief, optimism and pragmatism

- promote tolerance, respect and a concern for others
- developing commitment, determination and resourcefulness
- being resilient and flexible.

Building on KS3 at KS4 first aid learning can contribute to the following aims and objectives set out in personal development:

- develop an understanding of how to maximise and sustain their own health and wellbeing
- reflect on, and respond to, their developing concept of self, including managing emotions and reactions to on-going life experiences
- recognise, assess and manage risk in a range of real-life contexts.

Key stage 3

Key concept – personal health:

- develop preventative strategies in relation to accidents in the home, school and on the road, for example knowing what to do in the event of cuts, burns, fire and emergency first aid etc.

Learning outcome: develop an awareness of emergency first aid procedures.

Key stage 4

Through recognising, assessing and managing risk in a range of real life contexts students will have opportunities to develop their knowledge, skills and understanding by:

- assessing the level of risk in a range of situations and examining the potential positive and negative consequences
- identifying ways to manage risk leading to positive outcomes.

16-19 year olds

First aid learning for young people contributes to core skills for learning, life and work to prepare young people for success.

First aid learning lends itself to a range of subject areas and could form a small part or core element of the learning. First aid can support learning in subjects where students learn about taking care of themselves and others, staying safe, the emotional needs of those in distress, the human body and human behaviour.