

FIRST AID & SAFETY

C 6.7

Develop basic knowledge of first aid to treat minor injuries

Objectives:

Demonstrate an understanding of different types of minor injuries, their causes, symptoms and treatments.

Keywords:

Sprain
Strain
Cut
Abrasion
Bruises
Blister
Nose bleeding

Literacy: explain causes of minor injuries using technical words. (English, French, KM, KR).

Interpersonal Skills: Critical thinking, collaboration, communication, and decision making.

Title: “Match Up Challenge”

Learning Outcomes:

1. Identity different types of minor injuries.
2. Identify causes, symptoms and treatment of minor injuries.
3. Explain the causes of minor injuries.

Resources & Materials

CARDS
CONES
HULA HOOPS
WHISTLE
BIBS
HURDLES

Activity: Relay Challenge – Rescue Team

Teacher Instruction:

- Divide the class into 4–7 groups.
- Gives each group 1 injury card.
- Place the remaining cards face-down on the ground (6 to 10 meters away).
- Inform students of the different movement to be used during the relay (Walk/run/hop/crawl).
- Make it fun and challenging.

Students:

- Search for the 5 matching cards that belong to their assigned injury.
 - 1 Cause Card, 1 Symptom Card, 1 Treatment Card, 1 Description Card and 1 Picture.
- Run (one at a time) to flip over one card and bring it to their group.
- Discuss among their peers, keep the correct card.
- Return the incorrect card, face down and pick up another card (Next runner).

The relay ends when all the 5 matching cards have been collected by each team.
After the game, each team explains at least 3 injuries, its causes, symptoms, and treatment.