

# FIRST AID & SAFETY

## Title: “Match Up Challenge”

### Learning Outcomes:

1. Identify the different types of minor injuries.
2. Identify the 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:

- Divides the class into 4–7 groups.
- Gives each group 1 injury card.
- Places the remaining cards face-down on the ground (6 to 10 meters away).
- Informs the students of the different movements to be used during the relay (Walk/run/hop/crawl).
- Makes 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 and 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.

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## 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 the causes of minor injuries using technical words (English, French, KM, and KR).

### Interpersonal Skills:

- Develop critical thinking.
- Learn how to collaborate, communicate, and take decisions.