

# PHYSICAL EDUCATION

## Teacher's Guide GRADE 7

### Lesson 1: FIRST AID AND SAFETY

**Competency:** Develop basic knowledge of first aid to treat minor injuries

**Element:** Understand the RICE treatment concept.

#### Performance Criteria

- Know keywords related to first aid.
- Rice concept

**Purpose of Activity:** To engage learners in acquiring foundational knowledge essential for engaging in physical activities.

#### Learning Outcomes

By the end of this lesson, students will be able to:

- Identify students with minor injuries.
- Assist and attend to minor injuries.
- Recall basic first aid keywords.
- Understand the concept of RICE treatment.
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#### Resources and Materials

Cones, hula hoops, whistle, bibs, flashcards, dice

#### Teaching trajectories and Implementation Guidelines

**Activity 1 - DICE GAME**

The purpose of this activity: To learn the RICE treatment concept.

Each number on the dice will represent a keyword related to first aid.

1 – Rest

4 - Elevation

2 – Ice

5 - Ambulance

3 – Compression

6 – Treatment

**Students:** walk jog, hop, etc...

**Teacher:** blow the whistle and throw the dice.

**Students:** act as per number appearing in relation to the keywords above.

Continue the game until the students gone through all the key words.

### Extension Activities

1. The dice game can be played by using flash cards or calling out numbers.
2. Casualty game can be played as a relay game.

### Activity 2 - CASUALTY GAME (Role Play)

Divide class in 3 teams.

Team A Ambulance, Team B First Aiders and Team C Casualties.

Team A plays the role of an ambulance to carry casualties.

Team B will be the first aiders attending to casualties.

Team C will simulate different casualties with different types of injuries (Sprain, Strain, Cut, Blisters etc...)

### Keywords:

- **Rest** – Lie down
- **Ice** – Stand still(freeze)
- **Compression** – Hold and press. (arm/leg)
- **Elevation** – Raise leg or arm.
- **Ambulance** – Driving action
- **Treatment** – Express happiness