

PHYSICAL EDUCATION

Teacher's Guide GRADE 8

Lesson 3: FIRST AID

Competency: Competence in learning the basic knowledge of first aid.

Element: Show the ability to demonstrate an understanding of what first aid is.

Performance Criteria

Explain situations requiring first interventions in physical activities, games and sports

Purpose of Activity: To explain how to treat minor injuries in physical activities.

Learning Outcomes

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

- Recall the first aid keywords.
- Identify some minor injuries in physical activity, sports and games.
- Provide the appropriate first aid treatment for each minor injury.
- Explain the causes of minor injuries in physical activity, sports and games.

Resources and Materials

Cones, bandages, gloves, Ice pack, cotton cloth, gauzes, and flash cards.

Teaching trajectories and Implementation Guidelines

Activity 1 - The 'Glove Challenge'

- Wearing a glove: Take the gloves by the cuff and avoid touching the outer part.
- Taking off the gloves: Take the gloves off safely without touching the outer part and put into a safe trash box.

Activity 2: Role Play of minor injuries treatment (Demonstrated by the teacher).

- Minor treatment comprises of cuts, bruises, nose bleeding, and sprain.
- Students work in pairs.

Activity 3: Short Presentation or Slam

- Each group choose a theme and deliver a short presentation or slam in any language. (Theme is represented by using flashcards).
- A Sprain ankle
- B Accidental fall
- C Cuts
- D Bleeding
- E Injury dressing

Minor Injuries Cards

Cuts

Nose bleeding

Bruises

Sprain