

Health, Prevention and Basic First Aid



Curriculum Links:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex->

Key Facts:

Health and Prevention

- How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body
- About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
- The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
- About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing
- The facts and science relating to allergies, immunisation and vaccination

Basic First Aid

- How to make a clear and efficient call to emergency services if necessary
- Concepts of basic first-aid, for example dealing with common injuries, including head injuries

Possible experiences: We should already know:

- St John's Ambulance first aid workshop
- St John's Ambulance resources
- Red Cross Workshop
- Dentist visit
- School nurse visit
- Create healthy living/first aid guides
- First Aid scenarios
- The benefits of an active lifestyle
- The importance of regular exercise and the risks associated with an inactive lifestyle
- How and when to seek support if they are worried about their health
- What constitutes a healthy diet
- The characteristics of a poor diet and risks associated with unhealthy eating



Key Vocabulary

Airway	The passage by which air reaches a person's lungs
Circulation	The continuous motion of blood through all parts of the body
CPR	Cardiopulmonary resuscitation
Hygiene	Maintaining health and preventing disease
Primary Survey	The initial assessment and management of a patient
Pulse	The regular beating of the heart
Resuscitate	Revive someone from unconsciousness
Unresponsive	Not reacting or moving at all