

First Aid

TOPICS: What I Know Now and First Aid Year 4 - *Suggested for Year 4*

We have chosen to deliver this topic in year(s):

Year Intent



In Year 4, children re-establish what they already know about the people and services who help keep us safe before building on this through learning about first aid.

They revisit how to recognise situations where someone may need help and begin to identify signs that a person may be struggling to breathe, such as during an asthma attack, choking or an allergic reaction.

Pupils explore how to seek emergency help and learn simple first aid actions until support arrives.

Curriculum Links

Statutory RSHE Links

Basic first aid; Being safe; General wellbeing; Health protection and prevention; Personal safety

Wider PSHE Links

Careers education: aspirations, learning and work

Ask me a question!

What could trigger an asthma attack?

How could you help someone who is choking?

What is an epi-pen?

Knowledge & Skills Progression

What I Know Now - *Pupils can...*

- share and reflect on their understanding of how people can help in medical emergencies as they begin to explore first aid topics
- recognise situations where someone may need help due to illness, injury or breathing difficulties
- identify trusted adults and emergency services who can provide help and support in an emergency
- suggest and explain simple actions that can help keep someone safe until help arrives

First Aid Year 4 - *Pupils should...*

- identify and name situations that may require first aid
- list reasons why someone may struggle to breathe
- recognise the signs of an asthma attack or choking
- identify the signs of an allergic reaction and anaphylactic shock
- understand the correct steps for seeking immediate emergency help
- provide first aid treatment to someone who is struggling to breathe



I will learn the following new words/phrases:

I now know...

Treatment	Medical care given to a patient for an illness or injury.
Emergency	A serious, unexpected, and often dangerous situation requiring immediate action.
Severe	Very bad, serious, or unpleasant.
Clinical Advisor	A person responsible for the assessment of health and clinical needs.
Life-threatening	Capable of causing death
Conscious	Awake, aware of what is happening around you, and able to think.
Asthma	A common lung condition that causes occasional breathing difficulties.
Anaphylaxis	A severe and potentially life-threatening reaction to a trigger such as an allergy.
Allergic	Having an allergy to a substance.
Prescribed	To officially advise someone to use a medicine or treatment
Obstruction	Something that gets in the way, sticks out, or blocks passage.