Basic first aid

Year: Y3

Subjects and Issues

Achievement Safety Responsibility
Confidence Keeping safe Decision making
Basic first aid

Basic first aid

We have agreed with the British Red Cross to sign-post to their comprehensive **First Aid Champions** resources for children aged 5 to 11.

These cover the statutory requirements for basic first aid requirements introduced by the DfE in their RSHE Statutory Guidance. Like the SCARF, they are easy-to-access, online resources.

Follow this link to the **First Aid Champions** resources.

Using the *First Aid Champions* resources within your SCARF plans

These resources are flexible, leaving you free to decide where best to place this topic within your PSHE Education programme. We've added them to the suggested half-termly units as a starting point for you, but you may wish to have a special basic first aid day or week at your school, when all classes learn these important skills together.

Please note: schools aren't expected to cover all of the DfE's 67 end-of-primary school RSHE statements in every year group. Schools are free to decide the best years and times to cover each one. We've included the link to these Basic First Aid plans across different half-termly units because there's no right or wrong fit for them; a key objective here was not to overload any of

the six half-termly units for each group. If your school prefers to cover this topic with every year group and at the same time, you can use our Flexible Planning Tool to re-organise your SCARF lesson plans for this purpose, or record this change in a way that matches your existing record-keeping methods.

The site contains two introductory lessons:

1. Why is first aid important
2. Giving first aid

There are then a further eight lessons with specific first aid skills for children to learn and practise:

- Asthma attack
- Bleeding
- Broken bone
- Burns
- Choking
- Head injury
- Unresponsive and breathing
- Unresponsive and not breathing

Learning outcomes are included, along with resources needed.

Key messages from the British Red Cross about the value of teaching first aid

- *Simple actions can make a difference.*
- *Anyone can learn to give first aid in different situations.*
- *First Aid Champions lessons enable children to feel confident that they can help.*
- *If children are confident, they will be inspired to help.*

People have accidents or are suddenly taken ill every day of the year. By learning first aid, children are empowered to look after themselves and each other.

First aid is an invaluable life skill that also helps meet whole school outcomes – particularly in SMSC (England), Curriculum for Excellence (Scotland), PSE (Wales) and Learning for Life & Work (Northern Ireland).

First Aid Champions equips you with everything you need to teach primary school pupils the essentials of first aid. It is simple to use and requires no specialist knowledge of first aid.

Adapting lessons for learners with additional needs

Our additional Signposting and Support page provides further guidance on adapting SCARF lessons to meet the needs of learners with additional needs.

Key Vocabulary

first aid
risk
accident
danger
hazard
kettle
safe
burn
scald
emergency

DfE Relationships Education and Health Education statutory requirements

- Physical Health and Mental Wellbeing (Health Education) Basic first-aid 1. How to make a clear and efficient call to emergency services if necessary.
- Physical Health and Mental Wellbeing (Health Education) Basic first-aid 2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.

DfE Relationships Education and Health Education statutory requirements (2025)

- Basic first aid 1. How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them.
- Basic first aid 2. Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.

PSHE Association Learning Opportunities

- H43 . About what is meant by first aid; basic techniques for dealing with common injuries.
- H44 . How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.