



# Teaching Your Primary School Pupils **CPR**

Presented by: Cadwch Curiadau Keep the Beats with the support of:



Awyr Las  
Blue Sky  
Elusen GIG Gogledd Cymru  
The North Wales NHS Charity



GIG  
CYMRU  
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Bwrdd Iechyd Prifysgol  
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ACHUB BYWYD CYMRU | SAVE A LIFE CYMRU



# The Aim of This Lesson Plan

The aim of this lesson plan is to teach primary school children how to recognize if someone's heart is not beating normally or has stopped, to know what to do, and to have the confidence to act to try to save someone's life.

In accordance with the four purposes of Curriculum for Wales, this lesson plan also aims to develop confident students, who can make ethical and informed decisions and by learning such a valuable life skill we are also developing our future citizens of Wales and the world.

The lesson plan also includes opportunities to develop students' Literacy Skills, focusing on Oracy in particular.



# Curriculum for Wales - The Four Purposes

The purposes of the Curriculum in Wales should be that children and young people develop as:

- ethical informed citizens, capable learners**  
*ready to be citizens of Wales and the World*
- ambitious, capable learners**  
*ready to learn throughout their lives*
- enterprising, creative contributors**  
*ready to play a full part in life and work*
- healthy, confident individuals**  
*ready to learn throughout their lives*



# The Lesson Plan

1

Pair discussion: What comes to your mind when you see an image of a heart? - 5 minutes

2

Class discussion - what do you know already about the heart as an organ within the body? Students could discuss the 'True' or 'False' statements on this PowerPoint presentation - 5 minutes

3

Students to listen as the teacher explains how the heart works and why it can stop working. Teacher can read the script on slide 11 of this presentation - 5 minutes

4

Role play - students to be divided into groups and given a scenario (each scenario involves an emergency of some sort). The scenarios are set out on the Word documents attached and are designed to introduce the student to the different types of emergency services and the questions they will be asked when calling 999. One student should act out the role of the person in trouble, the other students should pretend that they are helping and make decisions as to what they should say and do. The groups should perform in front of the class and the teacher should lead a discussion whether the right choices were made - 15 minutes

5

Watch a video to understand why CPR is important and listen to the CPR song - 10 minutes

7

Workbook could be completed in class rather than set as homework.

CPR song could be used frequently through out the school week as a warm up to PE.

8

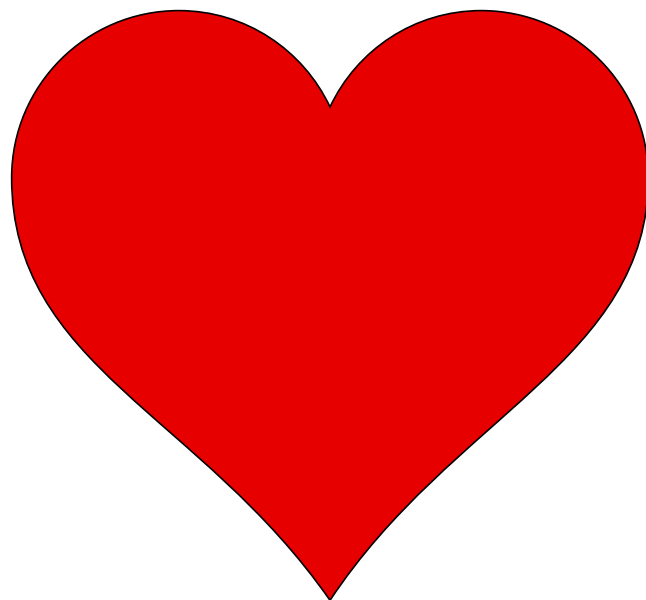
Reflection on learning and set homework - 5 minutes

6

Students to listen again to the song, sing along and follow the dance moves.  
Students to listen to the song for the third time and practice CPR on a teddy or a cushion - 15 minutes.

## Resources

- ▶ **This presentation**
- ▶ **Role play scenarios**
- ▶ **Play phone / head set (objects to act out role play scenarios)**
- ▶ **Teddy, ball or cushion**
- ▶ **CPR video / CPR song (links in this presentation)**
- ▶ **Work books**



**What comes to  
your mind when  
you see this  
image?**

## Possible answers:

friends

Valentine Day

chocolate

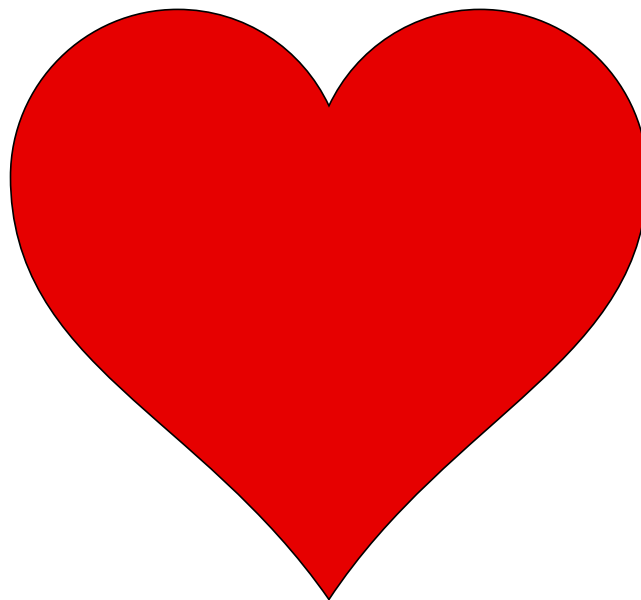
rugby

love

my dog

family

middle / centre



# The Heart

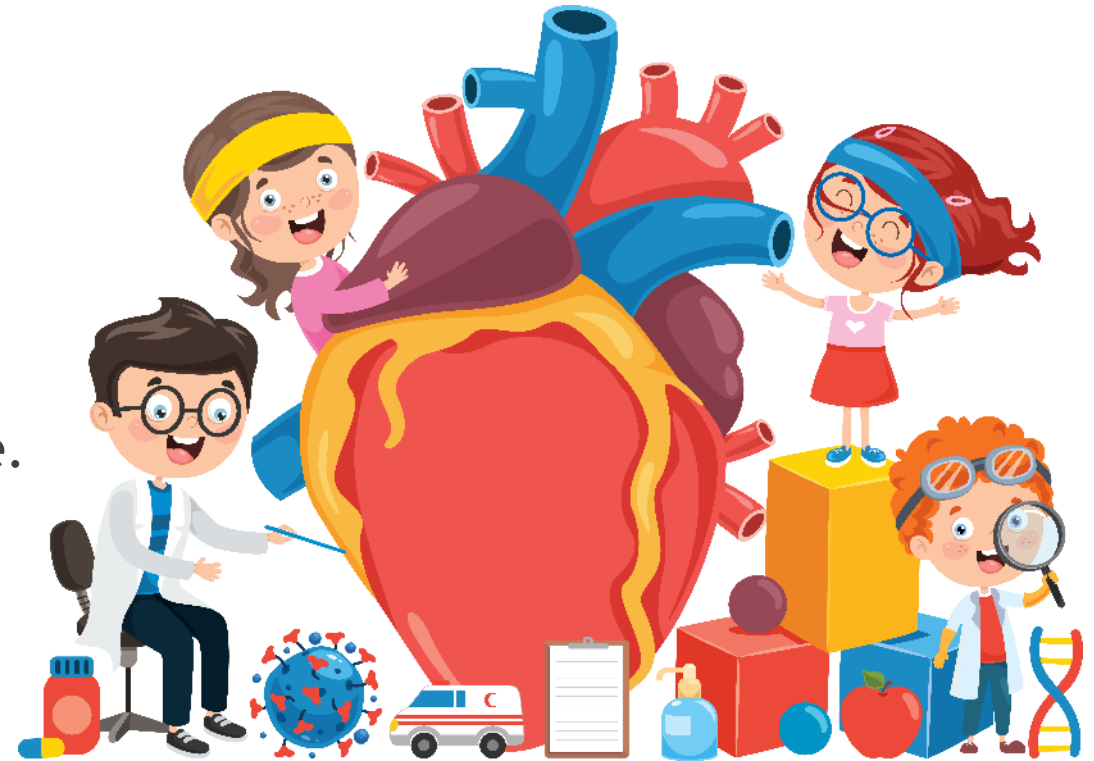


When we see an image of a heart, we tend to have positive thoughts. We link the image to our emotions and the feeling of love. We often forget that the heart is a vital organ within the body. An organ that needs to be looked after and cared for.



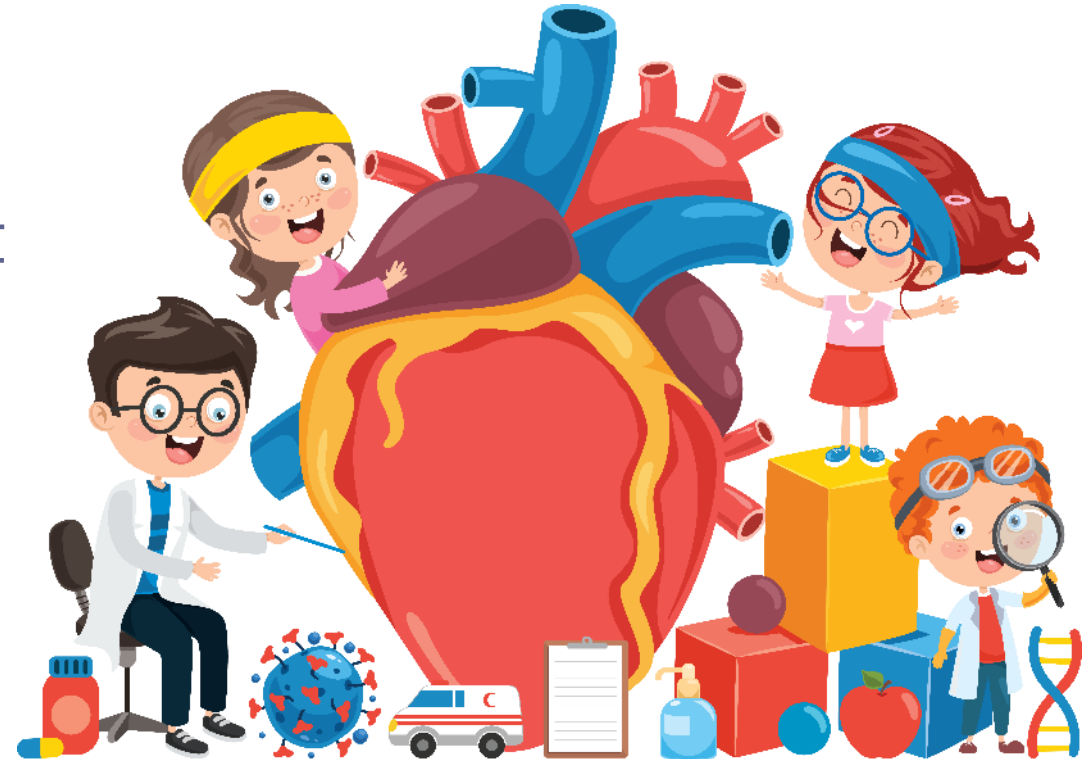
## The Heart: what do you know? True or false?

- ▶ The heart is a muscle.
- ▶ Your heart pumps blood around your body.
- ▶ The heart allows us to feel emotions such as love.
- ▶ Your heart beats around 1,000 times a day.
- ▶ Your heart never stops working.
- ▶ Your heart is the same size as your fist.



## The Heart: what do you know? True or false?

- ▶ The heart is a muscle. **TRUE**
- ▶ Your heart pumps blood around your body. **TRUE**
- ▶ The heart allows us to feel emotions such as love. **FALSE**
- ▶ Your heart beats around 1,000 times a day. **FALSE** (100,000 a day)
- ▶ Your heart never stops working. **FALSE**
- ▶ Your heart is the same size as your fist. **TRUE**



# How the heart works and why it can stop working:

- ▶ The heart has electricity inside it which sends regular messages to the heart muscle telling the heart to beat. The electricity in the heart and the heart muscle work as a team pumping blood around the body to make sure that all the cells in our body get the food and oxygen supply they need.
- ▶ When we run around in the playground, the electricity in the heart sees that we have started running and makes the heart beats faster to pump the blood around the body, so we can keep on running!!
- ▶ When we sleep, the electricity in the heart is very clever and can tell when the body is resting so it lets the heart rest by beating slowly.
- ▶ Sometimes the electricity in the heart stops working properly or it short circuits and rather than sending nice regular messages to the heart muscle that it understands, it sends crazy disorganized, chaotic, messages that the heart muscle doesn't understand. It stops beating while it waits for the electricity to send something it understands.
- ▶ When your heart stops beating you will become unconscious, and you will also stop breathing or breathing normally.
- ▶ When we are unconscious, we can't do the following things: sit up to read a book, run around, watch televisions. We are we lying very still not moving and not answering anyone who calls us.

# What should we do in an emergency? ROLE PLAY



999

## Head stuck in the fence: Fire Service.

- ▶ This role play scenario requires 3 students.
- ▶ One student is to act the patient by kneeling down on the floor pretending that his head is stuck between panels/bars of a fence in the school playground.
- ▶ Another student should pretend to be the emergency services call handler and should read the script provided.
- ▶ A third student should pretend that they come across their friend who has his head stuck in the fence. Everybody has gone inside the school, the school door is locked and nobody is answering when the student calls for help or bang on the door. Luckily the student has a phone on them and phones for help.

## Car Crash: Police

- ▶ This role play scenario requires four students.
- ▶ Two students should be seated opposite each other and are the drivers of a car.
- ▶ One student should pretend to call for help and is given a play phone.
- ▶ The fourth is the emergency services call handler and is given a head set and a script sheet.
- ▶ Driver one, is driving the kids to school (who are arguing in the back seat) and distracting him and he is also trying to find his favorite radio station, so is not really concentrating on the road. The second driver is trying to find and plug in his mobile phone so again not concentrating on the road when the two cars collide. No one is hurt, both drivers are very angry and blaming each other for the accident and have got out of the cars and are now arguing. When the rescuer arrives they see that no one is injured but the road is blocked with cars and traffic is building up either side of the accident. They decide to call for help.

## Asthma: Ambulance

- ▶ This scenario requires three students
- ▶ One student is sitting on a chair and pretends to be asthmatic.
- ▶ Another student is given a play phone and should pretend to come to the other students aid (rescuer). The rescuer helps the student take their asthma inhaler but in this instance the asthma inhaler doesn't help, so they decides to call for help.
- ▶ The third student is the emergency call handler and reads from the script.

# CPR guidelines during Covid-19

The CPR Song was developed with the support of the Resuscitation Council UK guidelines and will be updated as the guidelines change. Current guidelines recommends looking for the rise and fall of the chest, you could put your cheek close to the person's face but only if you feel it is safe to do so. If you are worried about infection then a piece of cloth can be placed over the mouth and nose of the collapsed person before starting CPR.

The CPR Song makes no reference to Covid and demonstrates hands only CPR.

For full RCUK guidelines please visit [www.resus.org.uk](http://www.resus.org.uk)



# What to do in an emergency?

[Click Here to see the video](#)



# CPR Song

[Click Here to see the video](#)



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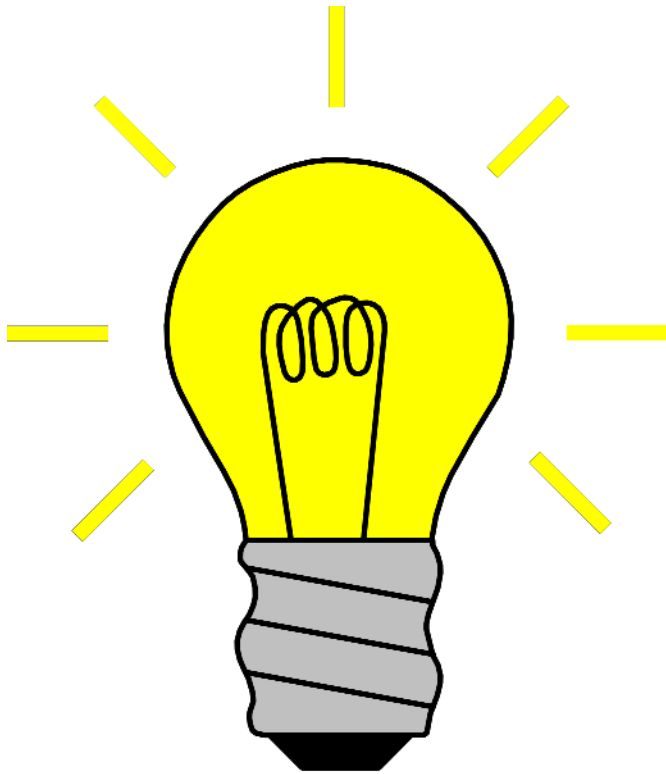
Cadwch Curiadau Keep The Beats  
Keep The Beats Cadwch Curiadau

**Cadwch Curiadau Keep the Beats Presents  
The CPR Song  
With Jess and Welsh Elvis**

Cadwch Curiadau Keep The Beats is part of Awyr Las: The North Wales NHS Charity. Registered charity number 1138976

The CPR Song was developed in line with current Covid Resuscitation Council UK guidelines and will be updated as the guidelines change.





## Reflection

**What have you learnt today?**

# What should we do if you find someone collapsed?

- **Keep calm**
- **Check for danger**
- **Check for response**
- **Check for breathing**
- **Call for help – 999**
- **Start CPR**
- **Keep going until the ambulance arrives.**



# Workbook

The work book has four sections and can be used individually or collectively depending on the age and skills of each group being taught CPR

## Activity 1

Children are asked to remember the sequence of CPR.

## Activity 2

Children are asked to find key words in a word search.

## Activity 3

Children are asked to colour in a picture, highlighting dangers by drawing a circle around them (Pan on the stove, glass next to the stove, glass and scissors on the table, cat).

## Activity 4

Children are asked to teach their family and friends CPR. They can use the web site address or QR code at the bottom of the workbook to help them.

