**Curriculum**

**Physical Education – Life Support**

**Course Overview**

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop an understanding of legal aspects of Life Support

Develop ability to manage an emergency situation

Develop the ability to apply the principles of DRAB in an emergency situation

Develop ability to perform CPR

Develop the ability to respond effectively to a choking incident

Develop the ability to respond effectively to a bleeding incident

Gain recognized qualification from ABC First Aid ltd

**Performance Indicators**

1) Display knowledge and understanding of legal implications of assisting in an emergency situation

2) Display knowledge and understanding of DRAB

2) Display ability to place person in recovery position

3) Display ability to perform CPR

4) Display understanding of correct procedures for dealing with a choking casualty.

5) Display understanding of correct procedures for dealing with a bleeding casualty.

**Assessments**

**Core Topics**

**Specific Content**

Legal implication & expectations for different countries; stay within training only

Principles of emergency situation management

How to check for Danger

How to check for a response

How to open airway

How to check for breathing

How and when to summon help

How to place a casualty in the recovery position

When and how to perform CPR

How to recognize a choking casualty

How & when to encourage the casualty to cough, perform back slaps, perform abdominal thrusts.

How to deal with bleeding using ‘BLEEDS’

**Resources**

Projector & screen

Level 1 Life Support power point presentation

Throat and tongue mannequin

‘Rususannie’ doll