



## Grade 10 Sample Lesson Plan: Unit 3 – Emergency Care

### SOLs

- 10.3.I Practice administration of emergency care.

### Objectives/Goals

- Students will practice administration of emergency care.

### Materials

- The American Red Cross School Safety Training Program  
<http://www.redcross.org/take-a-class/school-programs>
- American Heart Association *Tell the Story -911 AED Advocacy Lesson*
- Videos: *AED Instructional Video 2016*, *CPR Instructional Video 2016*, *Learn Hands-Only CPR*, *Staying Alive-CPR*
- *Online Anyone Can Save a Life E-Learning Module*

### Procedure

- Per the brochure, *Red Cross Health and Safety Training Program for Students*, visit the American Red Cross website for downloadable materials, videos, and trainers for a free student training program on First Aid and CPR for Students (2.5 hour program).
- Various instructional videos (e.g., *AED Instructional Video 2016*, *CPR Instructional Video 2016*, *Learn Hands-Only CPR*) may be played as additional resources.
- The student-developed YouTube video *Staying Alive-CPR* is referenced as an example of a potential class activity for students to develop and film an educational first aid/CPR video.
- Another student activity idea *Tell the Story -911 AED Advocacy Lesson* is for students to write a paper advocate for, and educate the community about simple steps to save a life including 9-1-1 and CPR.
- Additionally, the *Anyone Can Save a Life Program* is an emergency action planning program for after school practices and events. A free e-training module on calling 9-1-1, CPR, AED use, and early transition to EMS is available at <http://www.anyonecansavealife.org/e-learning-module/index.htm>

**Assessment Idea**

- Successful completion of tasks and activities associated with trainings.
- Students develop and videotape a CPR/AED demonstration.

**References**

- American Red Cross Student Training <http://www.redcross.org/take-a-class/school-programs>
- Anyone Can Save A Life – An Emergency Action Planning Program for After School Practices and Events  
<http://www.anyonecansavealife.org> E-Learning Module  
<http://www.anyonecansavealife.org/e-learning-module/index.htm>
- International CPR Institute Videos  
CPR Instructional Video 2016  
<https://www.youtube.com/watch?v=u55OoE2p2c0> AED Instructional Video 2016  
<https://www.youtube.com/watch?v=NxNIXSLrZF0>
- American Heart Association Videos  
Learn Hands-Only CPR  
[https://www.youtube.com/watch?v=pk53b\\_eweyk](https://www.youtube.com/watch?v=pk53b_eweyk) Tell the Story - 911\_AED Advocacy Lesson  
<http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf>
- Student Developed Staying Alive-CPR Video  
[https://www.youtube.com/watch?v=2g9K-t\\_ZUxs](https://www.youtube.com/watch?v=2g9K-t_ZUxs)

**Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.