

SAVE A LIFE FOR SCOTLAND

School _____

CPR day (date) _____

| Session | Primary | Time | | Subject | Approximate no of pupils | Resources |
|---------|---------|---------------|---------|---|--------------------------|--|
| | | | | | | Teddies (each child brings one in and always good to have extras). Manikins one for DEMO and aim for one between 2 for P6 and P7 |
| 1 | P1 | 09:00 – 09:30 | 30 mins | Call for help, CPR Teddies | | Intro, play BHF video 'Rhiannon's Day' Ask questions re what they saw in the video, what did she do, what did the call handler ask etc. Main learning points – how and when to call, main info required (name, where you are, check for response and breathing). Reassurance that they are not on their own. Seek adult help. CPR – show Superhero video. Run through steps as demo, get them to tell you what to do, they get to practice on teddies, any volunteers you have can go around groups asking them to tell them what to do. |
| 2 | P2 | 09:40 – 10:10 | 30 mins | Call for help, CPR Teddies | | As above |
| Break | | | | | | |
| 3 | P3 | 10:45 – 11:15 | 30 mins | Call for help, recovery position, CPR Teddies | | As above but add in recovery position. |
| 4 | P4 | 11:20 - 12:00 | 30 mins | Call for help, recovery position, CPR Teddies | | As above but add in recovery position. |

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| Lunch | | | | | |
|-------|----|---------------|---------|--|---|
| 5 | P5 | 1:15 – 13:55 | 40 mins | Call for help, recovery position, CPR Teddies | BHF video 'Milly's Day' (covers collapse, checking for breathing, calling for help and recovery position) Practise recovery position. CPR – show Superhero video or Mini Vinnie. Run through steps as demo, get them to tell you what to do, they get to practice on teddies, any volunteers you have can go around groups asking them to tell them what to do. |
| 6 | P6 | 14:00 – 14:40 | 40 mins | Call for help, recovery position, CPR manikins | BHF video 'Milly's Day' (covers collapse, checking for breathing, calling for help and recovery position) Practise recovery position. CPR – show Superhero video or Mini Vinnie. Run through steps as demo, get them to tell you what to do, they get to practice on manikins, any volunteers you have can go around groups asking them to tell them what to do. |
| 7 | P7 | 14:45 - 15:20 | 40 mins | Call for help, recovery position, CPR manikins | BHF video 'Milly's Day' (covers collapse, checking for breathing, calling for help and recovery position) or 'Cameron's Day' covers Cardiac Arrest and CPR – it can Practise recovery position CPR – show Superhero video or Mini Vinnie. Run through steps as demo, get them to tell you what to do, they get to practice on manikins, any volunteers you have can go around groups asking them to tell them what to do. |

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