

# LESSON PLAN

# CHEST PAIN

Please ensure you have adequate first aid knowledge before teaching this lesson.

Please contact us if you need any help or guidance with this.

## 1. DETAILS OF TEACHER

Name:	Date:	Time:	Class:
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## 2. DETAILS OF LEARNING OBJECTIVES

**By the end of the lesson, students will be able to:**

- > recognise when someone has chest pains
- > respond appropriately to someone who has chest pains.

## 3. DETAILS OF ACTIVITIES, TIMINGS AND RESOURCES REQUIRED

**Note:** We appreciate that you may not be able to spend a full hour on this topic. Feel free to choose activities to fit the time you have available. For example, you could do one task from each starter, development and plenary category.

Activity	Suggested timing	Resources required
<b>Starter activities</b>		
The students can describe what they think a heart attack feels like and how they would recognise a person having a heart attack.	5 mins	
Record and display responses from the students.	5 mins	Whiteboard
<b>Development activities</b>		
Give background information on the heart and the circulatory system, including the effects of diet and exercise on the heart.	10 mins	PowerPoint presentation
Explain: <ul style="list-style-type: none"> <li>&gt; the difference between a heart attack and angina</li> <li>&gt; the treatment for a heart attack and angina.</li> </ul>	15 mins	PowerPoint presentation
Highlight the use of an AED if a person becomes unconscious and stops breathing.	5 mins	
<b>Plenary activities</b>		
Ask the students to demonstrate the correct treatment position for someone who has chest pains. The students can discuss the case study card. <ul style="list-style-type: none"> <li>&gt; Request, and respond to, questions from the students</li> <li>&gt; Assess learning and refer back to the learning objectives.</li> </ul>	10 mins	PowerPoint presentation Case study
<b>Suggested additional activities</b>		
The students could draw a diagram of the heart showing the damage caused by the blood clot of a heart attack and narrowing of the arteries in angina.		

## 4. DETAILS OF ASSESSMENT FOR LEARNING

<input type="checkbox"/> Shared LOs	<input type="checkbox"/> Question/answer	<input type="checkbox"/> Extended question/answer
<input type="checkbox"/> Peer assessment	<input type="checkbox"/> Self assessment	<input type="checkbox"/> Oral feedback
<input type="checkbox"/> Written feedback	<input type="checkbox"/> Reflection/evaluation	<input type="checkbox"/> Group work

## 5. TEACHER NOTES

Use this space for differentiation notes, the role of any classroom support, evaluation notes, etc.

## 6. DETAILS OF SUBJECT-SPECIFIC VOCABULARY

Angina, ashen skin, automated external defibrillator (AED), breathlessness, chest pains, clot, collapse, coronary arteries, deterioration, heart attack, obstruction.

## 7. CURRICULUM LINKS