

LESSON PLAN

CHOKING

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 is choking
- > respond appropriately to someone who is choking.

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
Starter activities		
Ask the students what they understand by 'choking' and display responses from the students.	5 mins	Whiteboard
Define choking and then discuss how a casualty may look and feel if they were choking.	5 mins	
Development activities		
Explain the procedure and the aims of treatment when someone is choking. Demonstrate where to place hands when performing back blows.	10 mins	PowerPoint presentation
Demonstrate where to place your hands when performing abdominal thrusts. Highlight the risks of performing abdominal thrusts and that the casualty should be seen by the medical profession if carried out.	10 mins	PowerPoint presentation
Discuss the treatment sequence for children and adults and the difference for babies under a year with the use of chest thrusts. Highlight that abdominal thrusts must never be used on babies.	10 mins	
Plenary activities		
Discuss the case study card > Request, and respond to, questions from the students > Assess learning and refer back to the learning objectives.	15 mins	Case study/video
Suggested additional activities		
The students can create a concept map showing how they would recognise if someone was choking and how they would respond.		

4. DETAILS OF ASSESSMENT FOR LEARNING

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|---|--|---|
| <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

Abdomen, abdominal thrusts, back blows, breathing, choking, obstruction, ribcage, throat.

7. CURRICULUM LINKS