

Lesson Plan

CPR Techniques in Citizenship

Grade Level: 10th
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Subject: Health

Overview & Purpose:

The lesson demonstrates the student's ability to learn and properly perform CPR (Cardiopulmonary Resuscitation). At the completion of the lesson, students will be able to utilize life- saving skills in an emergency situation.

Sunshine State Standards:

The student demonstrates the ability to practice health-enhancing behaviors and to reduce health risks.
HE.B.1.4.2

Health
Education

Heath Literacy:
10 RESPONSIBLE
BEHAVIOR

The student knows strategies for health enhancement and risk reduction.

Health
Education

Health Literacy:
10 RESPONSIBLE
BEHAVIOR

The student knows injury- prevention and injury-management strategies for personal, family and community health.

Emotional Competencies:

Responsible Decision-making and Relationship Skills

Values:

Respect citizenship, kindness, caring and courage

Infusion Strategies:

Problem Solving (Demonstration/Hands On)

Lesson Plan:

Materials Needed:

- Video: Heart Saver CPR (American Heart Association) 80 min.
- Rescuing- Annie and Baby (CPR Mannequins')
- Face Shields- one for each student
- Alcohol packets-to clean mannequins after use
- Booklets: CPR for family and friends
- AED machine- Automated External Defibrillator
- Journals

*Prior to the lesson advise students to dress comfortably to class and prepare to be on the floor.

Warm Up/Bell ringer: 5 minutes

In their journals, have students define in their own words the following words.

- CPR- Cardiopulmonary Resuscitation
- AED- Automated External Defibrillator

*Provide them with the correct definition

- Video (You-Tube “ By-Stander Effect)Reference “ Kitty Genovese 1964 “

Introduction –

Ask students to think of a time when they may have needed to help a person or witnessed a person needing help. Discuss a few of the students' stories.

Discussion: The focus of this topic is to assess whether or not the students understand and can apply the values of citizenship and caring. Teacher will read as well as write the following statement on the board-“You (student) are walking down the street and you see a person lying on the ground, what you would do?” Allow the student's time to formulate an answer.

Key points that can be used when discussing answers:

- ✓ By-Stander Effect (The term *bystander effect* refers to the phenomenon in which the greater the number of people present, the less likely people are to help a person in distress. When an emergency situation occurs, observers are more likely to take action if there are few or no other witnesses.)
<http://psychology.about.com/od/socialpsychology/a/bystandereffect.htm>
- ✓ **Good Samaritan laws** (in the [United States](#) are [laws](#) or acts protecting from liability those who choose to aid others who are injured or ill. They are intended to reduce bystanders' hesitation to assist, for fear of being sued or prosecuted for unintentional injury or [wrongful death](#))
http://en.wikipedia.org/wiki/Good_Samaritan_law

Activities:

CPR Demonstration: Teacher will demonstrate proper technique as students are watching video and practicing CPR on mannequins only!

*** Teacher keep in mind that some students will be reluctant to perform CPR, for those students try to allow them to become comfortable or allow alternate assignment.**

Video: Students will watch Heart Saver CPR (American Heart Association). Teacher can modify the video for time and to meet the needs of the class.

1. Students should be put into groups based on class size, prior to start of the video.
2. Students will take turns in their respective groups demonstrating the steps from start to finish on how to properly perform CPR (adult, infant and child)
3. Teacher, along with the video will show students how to perform CPR, Heimlich Maneuver and how to use the AED machine.

Wrap Up

After each group has successfully completed a full series of CPR, have one person from each group clean the mannequin using the alcohol cleaners.

Have another student store the mannequin in its case.

*Teacher to make sure that all alcohol cleaners and used face shields are properly disposed of.

Student Reflection/Discussion –

Teacher – ask the students the following question:

1. Do you feel that you can properly perform CPR if you needed to in an emergency situation? If any students answer no, allow them to give reason for answer. Teacher can suggest that those students come after school to practice again until they are comfortable.

Closure/Assessment:

Students will be able to utilize and perform proper life saving techniques-CPR and First Aid. They will understand that CPR showcases citizenship and caring for others.