

## **Physical Fitness: First Aid**

PO.9, EO.4

### **Introduction**

Begin the lesson by describing First Aid as a necessity within the Young Marines program because it goes hand in hand with physical fitness and all of the activities Young Marines participate in. Explain that it is important for everyone to know, not just adults, because it plays a key role in keeping everyone safe and protected on a daily basis and in case of an emergency. If there isn't an adult around or one can't be reached immediately, every Young Marine needs to know how to handle situations that involve accidents or injuries. End the introduction by describing the purpose of today's lesson which is just to introduce the topic of First Aid and put together a First Aid kit. Young Marines will receive First Aid and CPR training at a later date as part of their Basic Guidebook requirements.

### **Direct Instruction**

Use the PowerPoint to define First Aid for the recruits and explain everything they will learn when they go through their own First Aid training. The most important part of this lesson for them will be explaining the steps that need to be taken in case of an emergency even after they're First Aid and CPR certified. As you explain the chain of command in an emergency, ask questions and have them repeat certain portions to make sure they understand who to go to or who to call if something happens in their unit. Display three to four scenarios and have the recruits discuss what to do in each scenario. Finally, briefly go over First Aid kits, explaining their use, their contents, and where they are located for different events in the unit including drill meetings.

### **Independent/Group Practice**

There are two options for group practice: putting the recruits into their teams and explaining to all of the teams how to pack a First Aid kit as each team makes their own or putting the recruits into their teams and having instructors work with each team to create their First Aid kit.

**Option One:** Put the recruits into their teams and give each team a box containing an empty First Aid kit and all of the contents. Walk them through how to pack their First Aid kit. As you get to each piece of the kit, ask them why they think it should be included and what it would be used for. Be sure to give the complete explanation if the recruits do not offer it during questioning. Be sure that instructors or adults walk amongst the recruits as they are working to ensure they are following along and understand the process. They should pull certain recruits aside if they need more direct attention or assistance. If this is necessary, make sure it is done discreetly so as not to embarrass the recruits.

**Option Two:** Put the recruits into their teams and give each team a box containing an empty First Aid kit and all of the contents, a list of all the materials that need to be in the box, and an instructor to help them pack it. Assign each group an instructor or leader and direct them to guide the recruits as they pack their box and to facilitate a discussion amongst the Recruits about the contents. However, this activity should be guided mostly by the recruits with them making the decision on how best to pack the box and discussing why certain pieces are included/what they are used for. The instructor is there to make corrections when necessary and to ask questions if the discussion falls flat or steers off track.

Choose whichever option works best within your unit. If your recruits need more guidance or you have fewer recruits, Option One may work best. If your recruits prefer a hands-on approach and like to discover as they are working and learning, Option Two would be best as long as you

have enough instructors and adults for each team of recruits. Option Two would also work well if you have teams who learn at very different paces and need more individualized attention as each instructor would conduct their group as needed by the recruits in it. Some may need much more direction than others while some may be able to go into more detail about how to use each item.

### **Evaluation**

Call on a few recruits to describe how to set up a First Aid kit and some of the items in it. To further their thinking, ask them which items they think would need to be restocked most often and how often First Aid kits should be checked and restocked.

The evaluation for this lesson will be the quiz and final test, but it also should have taken place during the small group work as instructors either worked with their teams or walked amongst them (during Option One) to see how they were doing.

### **Reflection**

End the lesson by presenting the recruits with some additional scenarios and having them create a plan for each one within their teams. Share a few of the ideas. Finally, ask the recruits once again about why it is important to know First Aid and additionally why it is important to become First Aid certified. Pass out a handout with First Aid certification information on it including the dates of the next unit certification course or the centers where the Young Marines can go to get their certification.