

Skilfulness Day Timetable

<u>Class</u>	<u>Session 1</u> <u>9:00-9:45</u>	<u>Session 2</u> <u>9:45-10:30</u>	<u>BREAK</u> <u>10:30-10:45</u>	<u>Session 3</u> <u>10:45-12:00</u>	<u>LUNCH</u> <u>12:00-1:00</u>	<u>Session 4</u> <u>Athlete visit-</u> <u>ALL YEARS</u>
<u>Badgers</u>	DWFRS early years fire safety session	Free session- (Shop role play + using money / nature hunt/ using scissors cutting skills)		Fitness skills- make an obstacle course to stay fit		
<u>Squirrels</u>	DWFRS early years fire safety session	Planting seeds + nature hunt on the school grounds		Red cross introduction + burns lesson		
<u>Hedgehogs</u>	Red cross introduction + burns lesson	DWFRS Y2 fire safety session		Fieldwork skills- using a compass		
<u>Hares</u>	St John's ambulance Emergencies and calling for help lesson	DWFRS Y2 fire safety session		Sewing skills- buttons on socks		
<u>Foxes</u>	St John's Ambulance Head injuries lesson	Fieldwork skills- drawing a sketch map of the school		DWFRS Y5 fire safety session		
<u>Owls</u>	St John's Ambulance Bleeding (check- could also teach choking or asthma)	Public speaking skills session- Debate		DWFRS Y5 fire safety session		

First aid teaching links

Ks2: <https://www.sja.org.uk/get-advice/first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/>

Ks1: <https://healthyschoolscp.org.uk/keeping-safe/first-aid/>