

## LESSON PLAN

# HEAT EXHAUSTION

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 heat exhaustion
- > respond appropriately to someone who has heat exhaustion.

### 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>		
Ask the students what 'heat exhaustion' means and record and display responses from the students.	10 mins	PowerPoint presentation Whiteboard
Explain the causes of heat exhaustion.	5 mins	Whiteboard
<b>Development activities</b>		
Explain the aims of the treatment. Ask the students how they can avoid developing heat exhaustion.	5 mins	Whiteboard
Discuss when a casualty may have to be placed in the recovery position. Highlight the risks of a casualty's condition deteriorating, for example the casualty going on to develop heatstroke.	15 mins	
<b>Plenary activities</b>		
The students can take turns to practise asking a 'casualty' questions and delivering treatment. Request, and respond to, questions from the students.	15 mins	PowerPoint presentation
<b>Suggested additional activities</b>		
<ul style="list-style-type: none"> <li>&gt; The students can find out about the differences between heat exhaustion and heatstroke</li> <li>&gt; The students can design a poster advising peers how to avoid the risk of heat exhaustion.</li> </ul>		

### 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

Abdominal cramps, appetite, clammy, deterioration, excessive exhaustion, heat exhaustion, heatstroke, salt solution, sweating, thirst.

## 7. CURRICULUM LINKS