

Practice Teaching #2

Topics

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| 1. Heat Exhaustion/Heat Stroke | 8. Fractures |
| 2. Heart Attack/Angina | 9. Dislocations |
| 3. Stroke | 10. Cramps |
| 4. Hyperventilation | 11. Spinal Injuries |
| 5. Bleeding | 12. Primary Survey |
| 6. Imbedded Object | 13. Use of Bystanders |
| 7. Hypothermia | 14. Patient Follow-up |

Steps to Prepare Practice Teaching

1. All of these topics are located in the knowledge component of levels Bronze Medallion, Senior Resuscitation, and/or Bronze Cross.
2. Look up the item in your CLSM (Bronze Cross text) and read over the information carefully
3. Look up any additional information in other reliable sources (make sure that it is consistent with the CLSM, and ask me any questions ahead of time if you are unsure)
4. Decide how you would introduce and teach the item in a memorable way
5. Make sure that you are thinking of teaching the appropriate age group and swimming level (look in the award guides for this information)
6. Come up with an activity/song/video that will incorporate or introduce the item
7. Design an original poster or handout that will reinforce the knowledge taught
8. Decide on the most important points that you want to emphasize, and make sure that you do
9. Re-read the CLSM and make sure that you are teaching the item exactly as it is described

Lesson Plan

Please plan as if this was the first time you were introducing the skill to this class. You can plan your lesson for as long as you would need to teach the skill (could be more than 10 minutes), but you will only teach the first **10 minutes** of your lesson.

Your plan must include at least:

1. Your name
2. The topic you are teaching (and level)
3. A description of what you plan to teach and how much time you think it would take
4. A description of your activity/song/video, and how it fits in
5. A list of all materials that you plan to use (and either bring them, or make sure that we have them)
6. Your list of key points that you want to emphasize
7. Any other information you feel might be helpful
8. Make sure your lesson plan is readable