



# BODY WORKS+

GROUNDWORK  
NORTH WALES



## BODY WORKS+

**A blend of the science curriculum  
with First Aid!**

Produced by qualified teachers and first aid practitioners this cross curricular programme uses modern teaching strategies to link elements of the human body, the circulatory system and heart health with an introduction to First Aid for children.



This is a great opportunity for your class to expand their knowledge of how the body works. It also gives children a unique opportunity to use CPR training manikins and other first aid resources to take responsibility for keeping the mind and body safe and healthy.



## Learning outcomes

- Understand how the heart pumps blood in 2 circuits, lungs and body.
- Be able to understand that O<sub>2</sub> and CO<sub>2</sub> and water vapour are exchanged in the lungs.
- Understand the importance of exercise and having an active lifestyle.
- Understand when the heart stops the body runs out of its oxygen supply and it shuts down.
- Demonstrate how they can potentially save a life with CPR
- Understand the basics of First Aid

**BODY WORKS +** can be delivered to your class as a half-day, full-day or to two different classes over the course of a school day

### Cost

£130 **Half-day** single group (up to 35 pupils)

£255 **2 x Half-day** single group (up to 70 pupils) - am & pm

£255 Extend the interactive learning to a **full day** (single group)

### What's Included:

- Understanding how the heart and lungs work
- The circulatory system
- Demonstrate how to save a life when the heart stops
- Quiz and certificates

*In addition to the above:*

- The importance of an active lifestyle
- Monitoring of the heart rate during different activities
- First Aid for children workshop

To book **BODY WORKS+** at your school please contact the Education Team by emailing [addysg@groundworknorthwales.org.uk](mailto:addysg@groundworknorthwales.org.uk) with your enquiry



[www.groundworknorthwales.org.uk/education](http://www.groundworknorthwales.org.uk/education)

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