**Providing Instruction of CPR/AED to High School Students**

**Instructor Notes:**

1. Safety and First Aid

Discuss and demonstrate procedures for emergency situations. The American Heart Association’s Be the Beat website – <http://bethebeat.heart.org/> is listed as a reference for teaching CPR/AED. At that website, you can find the lesson plans described below, as well as these additional resources:

* 1. Hands-Only CPR handout
  2. Only 1 in 3 handout
  3. Heart hero, rescued, ambassador and rescuer stickers
  4. Certificates of completion

1. Go to American Heart Association’s website: <http://bethebeat.heart.org/> to find lesson plans and resources. At this site you will find a featured lesson plan and a button that reads *download lesson plan and more lesson plans*. There are five lesson plans in all. Read below to gain an understanding of the plans and what they include.

Lessons are included in your blue folder.

* 1. **Lesson #1 – Be the Beat: It’s all About the Beat** highlights the importance of being physically active and the collection and interpretation of data for resting and working heart rates. The lesson plan would be excellent for the physical education classroom. It is tied to national health and mathematics standards.
  2. **Lesson #2 – Be the Beat: Tell the Story** encourages students to advocate for and educate others about the simple steps to save a life: Call 911, push hard and fast in the center of the chest (Hands-Only CPR) and get an AED. This lesson is tied to health and language arts standards and provides students an opportunity to write with a purpose.
  3. **Lesson #3 – Be the Beat: Imagining the Future** provides students with the opportunity to imagine a future technology that will help save lives during cardiac emergencies. Health and Technology (STEM) standards are addressed.
  4. **Lesson #4 – Be the Beat: Plan, Promote, Prepare** highlights ways that students can advocate for a better prepared school community via the discovery of or creation of a Medical Emergency Response Plan. Health standards are addressed.
  5. **Lesson #5 – Be the Beat: Joining in the Action** encourages students to pan and commit to ways of participating in regular physical activity and to help their families make similar commitments. National physical education/physical activity standards are addressed in this lesson.