

CC1 (Norfolk)

A group of children, likely in a school or community center, are practicing first aid. They are wearing green surgical masks and white gloves. In the foreground, a baby doll is lying on a green surface, with a red mark on its forehead. A child's gloved hand is touching the doll's forehead. In the background, two other children are also wearing masks and gloves, looking at something in their hands. The scene is set in a room with a wooden door visible in the background.

Promoting Core Skills and First Aid to our cohorts

Ian Carmichael



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THROUGH RESILIENCE WE ACHIEVE

About the Bronze Award



Challenger Bronze

The Bronze Award is based on a proven model of delivery that combines physical activities, verbal communication and written work.

It is designed to help students develop teamwork, problem-solving, leadership and communication skills as well as boosting their self-esteem and confidence.

The award is a great opportunity for pupils age 8 and up, to enjoy, have fun whilst learning and gaining skills for life.

Participants who complete the award gain recognised awards in First Aid and Navigation skills, as well as a completion certificate.

Our 12 or 18 week programme gives them the time and space to explore their identity and their potential.

The programme is taught by our instructors who have 16 years of experience within education and over 50 years of military experience. We like to think that they are an inspirational role models to young people.

We are currently delivering in:

Nebula Federation: White Woman Lane School, Old Catton Junior School, Hainford Primary, Horsford Primary, St Faiths' Primary, Frettenham Primary; and

The Pilgrim Federation: Hingringham VC Primary and Walsingham Primary

St Joseph's College – Ipswich

Leiston Primary School: A member of the Avocet Academy Trust



What will the students gain?

The CC1 (Norfolk) Bronze's Award gives young people the opportunity to explore aspects of their character they may not have had the chance to develop so far in their school lives. The award gives pupils and understanding of what can be achieved through perseverance. It also improves motivation and encourages the development of the attributes needed to form positive relationships, including respect, empathy and trust.

Our course also helps them to gain or improve on these vital core skills:

Resilience	Leadership		Confidence	Interpersonal Skills	Communication	Teamwork
Determined	Problem Solving	Logical	Self-regulation	Engaging	Respect	Self-assured
Pride	Responsibility	Critical	Mentoring	Listening	Participation	Confident
Motivated	Direction	Organised	Trust	Articulate	Cooperation	Motivated
Fun	Delegating	Analytical	Self-belief	Openness		Inquisitive
Self-assurance	Assertiveness	Courage				

The Key Achievements From the Programme will be:

- Improved self-confidence which they can apply to all areas of their life.
- A stronger understanding of the benefits of being a team player.
- Improved communication skills, helping them to succeed socially and academically.
- An increase ability to solve problems both at school and outside of the classroom.

Challenger Bronze



Challenger Bronze

Challenger Bronze

Challenger Bronze Award (11 wks)

Modules	Key Components	Time
Team Building	Importance of working as a team.	4 hours
	Command task activities. Reflections	
Navigation	Draw a map	1 hour
	NSEW Orientating a map	1 hour
	Treasure Hunt	2 hours
Bush craft	Shelter building	2 hours
	Fire lighting	2 hours

Challenger Bronze

Basic First Aid



Introduction and Heart Attack

2 hours

CPR and recovery position

2 hours

Chocking and bleeding

2 hours

Remembrance



Watching (knowledge and skills development)

2 hours

How to remember.

2 hours

Celebration

Graduation and reflection of the Bronze Award

2 hours

Challenger Bronze

Challenger Bronze Award (18 wks)

Navigation Plus Symbols and pacing 2 hours



Orientation and map exercise 2 hours

Grid References and following a route 2 hours

Social Project Plan 3 hours



Do 2 hours

Review 1 hour

Bush Craft Plus Bush Games 2 hours



Cooking 2 hours

Flora and Fauna 2 hours

Challenger Bronze

First Aid Plus



Burns

1 hour

Climatic injuries

2 hours

Fractures and sprains

3 hours

Course Objectives and Outcomes

Subject	Objective	Outcome
First Aid 	To teach lifesaving skills so that they can save life; prevent injuries from becoming worse; and prevent further casualties	Self-Esteem Caring Courage Respect Self-belief Responsibility Compassion
Navigation 	To introduce the basics of navigation.	Promote self-belief Resilience Trust
Bush Craft 	To introduce the basics of survival skills within an outside environment (shelters, fire building and field cooking).	Resilience Confidence Self-control Appreciation

Challenger Bronze

Team Building

To encourage team building with the use of challenges.



Optimism
Cooperation

Confidence
Teamwork

Passion
Compassion

Problem-
solving

Remembrance

To reinforce the students understanding of what Remembrance means, how we remember and given from a soldier's point of view



Empathy
Compassion

Gratitude
Respect

Appreciation

This is all aimed at improving the individuals' self-esteem, self-discipline, resilience, and self-belief. This is both in the classroom and personal space, allowing them the courage to express their feelings and concerns.

Find out how your school can take part in

The CC1 (Norfolk) Bronze Award

Contact us:

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We have delivered to:

White Woman Lane Junior School, Old Catton Junior School, Horsford C of E Primary, Hainford Primary Partnership School, Frettenham Primary Partnership School, St Faiths C of E Primary School, St Josephs College (Ipswich)

Challenger Bronze

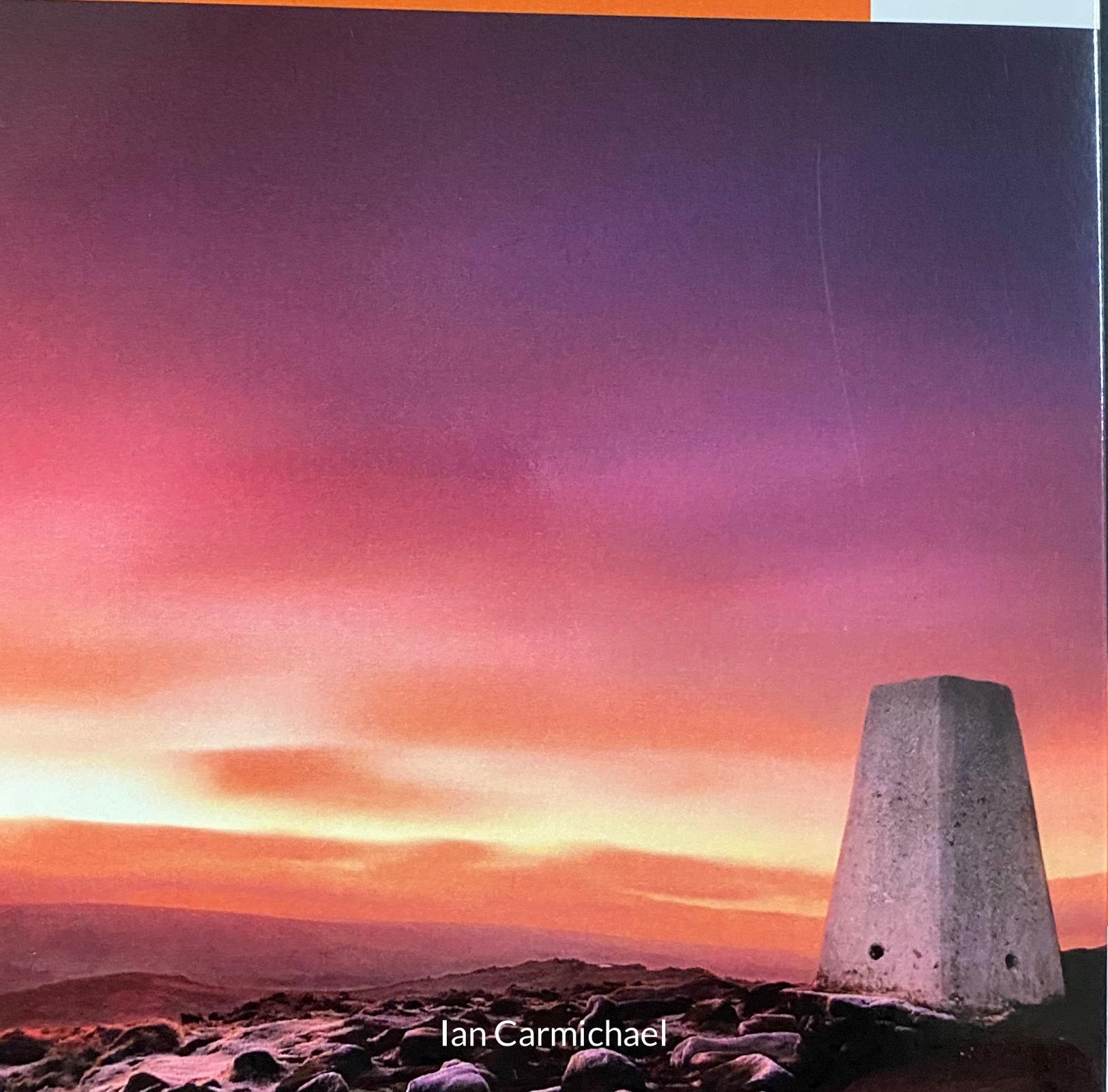
CC1 (Norfolk)

OS EXPLORER

1:25 000 scale

4 cm to 1 km - 2½ inches to 1 mile

custom_m
made



Ian Carmichael