

COURSE: Officer Safety Training

Lesson Title Ground Defence	Duration
Trainer Personal Safety Trainers	Students Student Officers
The aim of this lesson is to Provide officers with the knowledge, protocols, understanding, skills, attitudes and behaviours in the Personal Safety Manual (PSM), with regard to the following techniques: Ground Defence .	
Intended Learning Outcomes	
By the end of this lesson the student should be able to:	
1. Demonstrate how to effectively fall forward to the ground when required to do so.	
2. Demonstrate how to effectively fall backwards to the ground when required to do so.	
3. Demonstrate how to effectively get up of the ground when required to do so.	
4. Demonstrate how to defend yourself when on the ground and attacked from various positions.	
5. State the consequences of using these techniques in relation to the public's perception of the use of force.	
6. Apply the techniques with reference to the National Decision Model (NDM) including the use of force.	
7. Ensure the students can demonstrate the techniques to a required standard in a safe manner.	
Assumed knowledge No Previous knowledge required	Students experience

Lesson Plan

Time (Mins)	Content	Outcomes	Method & Resources	Learner Activity	Assessment
	Safety Brief	Health & Safety	Didactic PSP manual Practical Exercise	Awareness Listening Participation	Question and Answer
	Warm up	Reduce Injury	Role specific activity	Listening Participation	Observation
	Instructors will explain the position of the arms when falling forward with the potential injuries. Demonstrate and teach all students using Problem- Identify the problem to the students Solution- Demonstrate technique to the students at pace. Breakdown- Explain and breakdown the technique and teaching points Medical implications- List the possible medical implications. Health and Safety- Explain the points in relation to the technique.	Health & Safety Reduce Injury	2 OST trainers Mats Trainers must be in possession of PPE PSP manual Module 00 pages 05, 000 – 000 Module 00 pages 0 – 00, 00 – 00	Listening Observation Participation Communicating	Observation Question and answer
	Instructors will explain the importance of protecting your head in the event of being knocked to the ground and that it is the most dangerous place to be. Demonstrate and teach all students using Problem- Identify the problem to the students Solution- Demonstrate technique to the students at pace.	Health & Safety Reduce Injury	2 OST trainers Mats. PSP manual Module 00 pages 05, 000 – 000 Module 00 pages 0 – 00, 00 – 00	Listening Observation Participation Communicating	Observation Question and answer

Lesson Plan

	<p>Breakdown– Explain and breakdown the technique and teaching points Medical implications-List the possible medical implications. Health and Safety- Explain the points in relation to the technique.</p>				
	<p>Demonstrate how to effectively get up of the ground when knocked down to the supine position. Demonstrate and teach all students using Problem- Identify the problem to the students Solution- Demonstrate technique to the students at pace. Breakdown– Explain and breakdown the technique and teaching points Medical implications-List the possible medical implications. Health and Safety- Explain the points in relation to the technique.</p>		<p>2 OST trainers Mats. Trainers must be in possession of PPE PSP manual Module 00 pages 05, 000 – 000 Module 00 pages 0 – 00, 00 – 00</p>	<p>Listening Observation Participation Communicating</p>	<p>Observation Question and answer</p>
	<p>Demonstrate how to defend yourself when on the ground and attacked from various positions. Include the importance of bringing the hands up with a foot on the ground for mobility and one foot raised as a barrier and a weapon to defend and include powers and policy in relation to the use of force. Problem- Identify the problem to the students Solution- Demonstrate technique to the students at pace. Breakdown– Explain and breakdown the technique and teaching points Medical implications-List</p>		<p>2 OST trainers Mats. Trainers must be in possession of PPE PSP manual Module 00 pages 05, 000 – 000 Module 00 pages 0 – 00, 00 – 00</p>	<p>Listening Observation Participation Communicating</p>	<p>Observation Question and answer</p>

Lesson Plan

	<p>the possible medical implications.</p> <p>Health and Safety- Explain the points in relation to the technique.</p>				
	<p>Practice—give the students adequate practice time Students will practice and apply the techniques with reference to the National Decision Model (NDM) including the use of force.</p>		<p>Mats Students in pairs or groups.</p>	<p>Listening Observation Participation Communicating</p>	<p>Observation Question and answer Formative</p>
	<p>State the consequences of using these techniques in relation to the public's perception of the use of force</p> <p>Include the importance of making detailed notebook entries and statements of evidence</p>		<p>Explanation: Asking Questions. Include Powers and Policy Information</p>	<p>Listening Observation Participation Communicating</p>	<p>Observation Question and answer</p>
	<p>Debrief</p>		<p>Clear up any ambiguities Question and answer Debrief</p>	<p>Listening Observation Participation Communicating Ask Questions</p>	<p>Observation Listening</p>
	<p>Close</p>				