

## Year 10

# Unit 1.2.c – Preventing Injury in Physical Activity and Training

## Spring 1 Blended Learning Booklet



**Name:**

*Aim to complete two lessons each week.*

*All video links and content are also uploaded on ClassCharts*

*The knowledge organisers have all the key information and vocabulary to help with this unit.*

*Upload all work onto ClassCharts for feedback*

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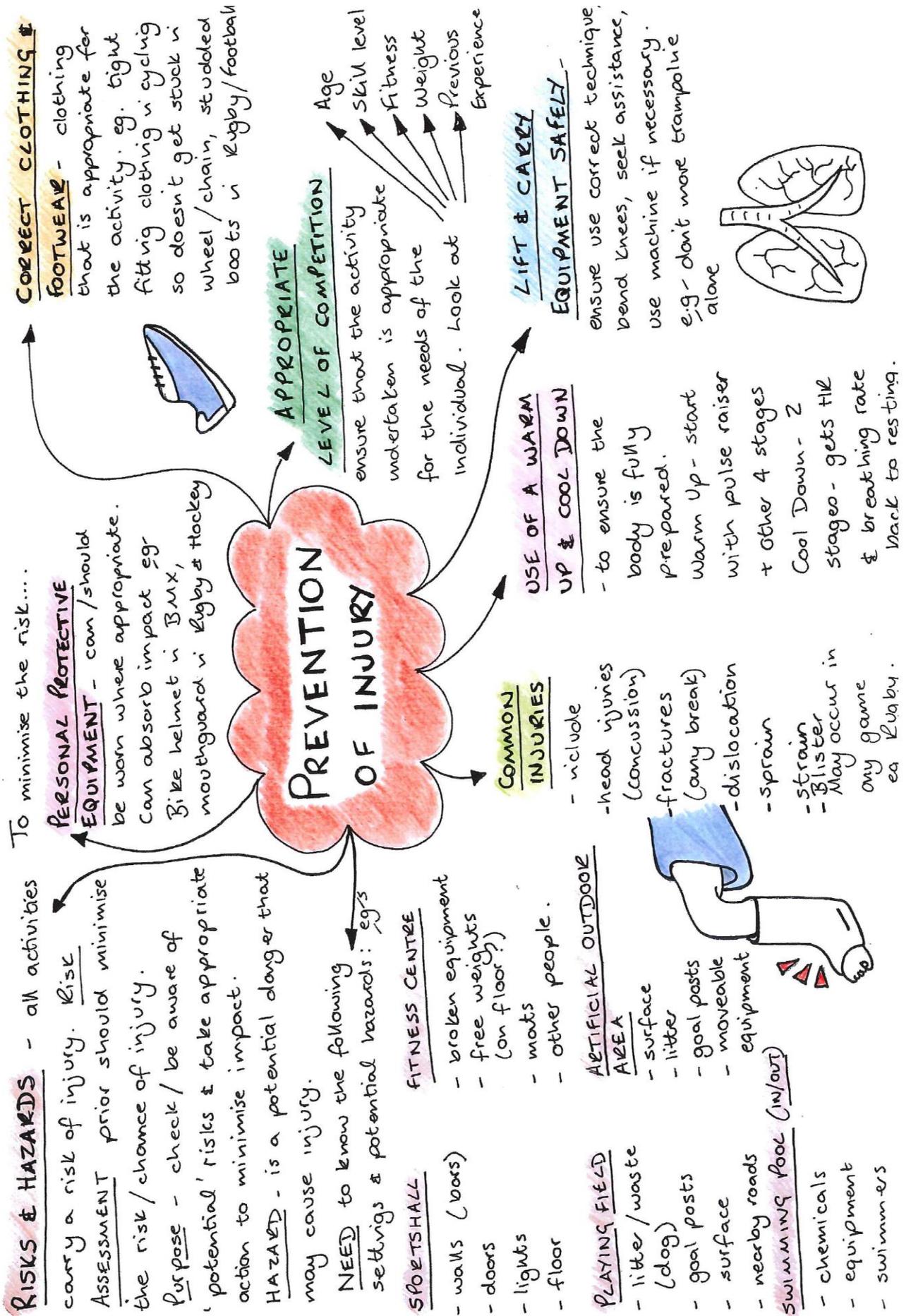
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**Big Picture**







**Preventing Injury in Physical Activity and Training - Video Links**

<b>Use these clips to help fill in the boxes in your following lessons</b>	
<b>Description:</b>	<b>Link:</b>
<b>STARTER:</b> 8 of the worst sports injuries seen on live TV	<a href="https://www.youtube.com/watch?v=m8s1VILkTN8">https://www.youtube.com/watch?v=m8s1VILkTN8</a>
<b>RISKS in FOOTBALL:</b> Terrible injuries in football 2020.	<a href="https://www.youtube.com/watch?v=LtKuK5CCLwS">https://www.youtube.com/watch?v=LtKuK5CCLwS</a>
<b>RISKS in SKIING:</b> Ski crash compilation of the best, stupid crazy fails	<a href="https://www.youtube.com/watch?v=OOeyck9feA">https://www.youtube.com/watch?v=OOeyck9feA</a>
<b>RISKS in ATHLETICS:</b> Torn hamstring injury	<a href="https://www.youtube.com/watch?v=eIA73A7H8G4">https://www.youtube.com/watch?v=eIA73A7H8G4</a>
<b>RISKS in SURFING:</b> Dangers of surfing	<a href="https://www.youtube.com/watch?v=NAQuuZAZxnQ">https://www.youtube.com/watch?v=NAQuuZAZxnQ</a>
<b>RISKS in MOUNTAIN BIKING:</b> Mountain bike crashes and bloopers 2018.	<a href="https://www.youtube.com/watch?v=qcuWxB87qyo">https://www.youtube.com/watch?v=qcuWxB87qyo</a>
<b>RISKS in RUGBY:</b> Massive rugby hits, hardest, meanest toughest.	<a href="https://www.youtube.com/watch?v=RdTh8O9xY00">https://www.youtube.com/watch?v=RdTh8O9xY00</a>
<b>FAIR COMPETITION:</b> The worst mismatch in fighting history.	<a href="https://www.youtube.com/watch?v=UAKXgJMn7Ws">https://www.youtube.com/watch?v=UAKXgJMn7Ws</a>
<b>PREVENTING HAZARDS IN SPORT: PLAYING FIELDS;</b> Worst pitch ever.	<a href="https://www.youtube.com/watch?v=Sj9KD-kjLMY">https://www.youtube.com/watch?v=Sj9KD-kjLMY</a>
<b>PREVENTING HAZARDS IN SPORT: SWIMMING POOL;</b> RIO 2016 green pool.	<a href="https://www.youtube.com/watch?v=VMuUBZGR5-I">https://www.youtube.com/watch?v=VMuUBZGR5-I</a>
<b>PREVENTING HAZARDS IN SPORT SPORTS HALL;</b> Rondae Hollis Jefferson Dunk Fall.	<a href="https://www.youtube.com/watch?v=boIQlKJL8GE">https://www.youtube.com/watch?v=boIQlKJL8GE</a>
<b>REVISION OF HOW TO PREVENT INJURIES:</b> How to prevent sports injuries	<a href="https://www.youtube.com/watch?v=LYZ2vcmJUTU">https://www.youtube.com/watch?v=LYZ2vcmJUTU</a>

**Identifying the Risks in Sport and Physical Activity**

<p><b>Sport 1: Football</b></p> 	<p>What are the risks/hazards?</p> <p>How could these be prevented?</p> <p>What might be in place already to try to minimise the chances of these risks?</p>
<p><b>Sport 2: Skiing</b></p> 	<p>What are the risks/hazards?</p> <p>How could these be prevented?</p> <p>What might be in place already to try to minimise the chances of these risks?</p>
<p><b>Sport 3: Athletics/General</b></p> 	<p>What are the risks/hazards?</p> <p>How could these be prevented?</p> <p>What might be in place already to try to minimise the chances of these risks?</p>

**Sport 4: Surfing**



What are the risks/hazards?

How could these be prevented?

What might be in place already to try to minimise the chances of these risks?

**Sport 5: Mountain Biking**



What are the risks/hazards?

How could these be prevented?

What might be in place already to try to minimise the chances of these risks?

**Sport 6: Rugby**



What are the risks/hazards?

How could these be prevented?

What might be in place already to try to minimise the chances of these risks?

## **Lesson 2&3: Preventing Risks in Sport**

**LI:** To understand how the risk of injury in physical activity can be minimised

**LO:** I know the risk of injury in physical activity and how it can be minimised

**LI:** To be able to give examples of how the risk of injury in physical activity can be minimised; personal protective equipment (ppe), correct clothing / footwear, appropriate level of competition, lifting and carrying equipment safely, use of warm up and cool down.

**LO:** I can give examples of how the risk of injury in physical activity can be minimised; personal protective equipment (ppe), correct clothing / footwear, appropriate level of competition, lifting and carrying equipment safely, use of warm up and cool down.

**Seneca:** Injury Prevention 2.3.1

**GCSE Bitesize:** <https://www.bbc.co.uk/bitesize/guides/ztkcdmn/revision/2>

**Teacher Powerpoint:** Uploaded on to Classcharts

## **Identifying the Risks in Sport and Physical Activity**

The five main methods of preventing/minimising risks in sport:

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<b>Method:</b>
<b>Description:</b>
<b>Sporting Example:</b>

<b>Method:</b>
<b>Description:</b>
<b>Sporting Example:</b>

**Method:**

**Description:**

**Sporting Example:**

**Method:**

**Description:**

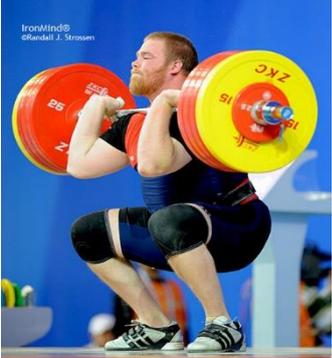
**Sporting Example:**

**Protective Clothing:**

<b>Method:</b>
<b>Description:</b>
<b>Sporting Example:</b>

### Safety Considerations in Sport

**Task:** For the following four sports you need to describe one of the methods in which risk can be prevented. Discuss what you would do and give a specific example of the type of risk that this could prevent.

Sport:	Risk and preventative measure:
	
	
	
	

### **Preventing Injury - Developed Statements (AO1, AO2, AO3)**

**Task:** Daniel is running a primary school football competition. To prevent injuries Daniel follows the 5 methods of reducing risk. Discuss how each method can be used including what he will do, why and an example of the risk this will reduce.

Include AO1 (description of method), AO2 (sporting example) and AO3 (analysis of why this method is important).

1. Balancing the competition - *Daniel makes sure the competition is run fairly and safely by balancing the competition. He makes sure that players play with players of the same age, gender and size (AO1). By making sure that players are the same age and size this will prevent injuries from collisions (AO2) as the older, bigger players would be stronger and could push the others off the ball causing concussion or bruising (AO3).*
2. Conducting a warm up and cool down -
3. Using the correct clothing and footwear -
4. Wearing personal protective clothing -
5. Lifting and carrying equipment safely -

## **Lesson 4: Hazards**

**LI:** To understand the potential hazards in a range of physical activity and sport settings.

**LO:** I can understand the potential hazards in a range of physical activity and sport settings.

**Seneca:** Injury Prevention 2.3.1

**GCSE Bitesize:** <https://www.bbc.co.uk/bitesize/guides/ztkcdmn/revision/2>

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### **Hazards in Sport**

Many potential hazards can occur in sport and physical activity.

The playing environment should be safe and free from hazards.

To allow this the equipment and facilities should always be checked before use, if not injury could occur.

Equipment should not be damaged and facilities should be checked for suitability (eg. No water on the sports hall floor, no potholes on the pitch).



**Area:**

**Hazards/Guidelines:**



**Area:**

**Hazards/Guidelines:**



**Area:**

**Hazards/Guidelines:**



**Area:**

**Hazards/Guidelines:**



**Area:**

**Hazards/Guidelines:**



**Preventing Hazards in Sport**



**Playing Fields**

**What were the hazards?**

**What injuries could have occurred?**

**How could these have been prevented?**



**Swimming Pool**

**What were the hazards?**

**What injuries could have occurred?**

**How could these have been prevented?**



**Sports Hall**

**What were the hazards?**

**What injuries could have occurred?**

**How could these have been prevented?**

**Lesson 5: 6 Mark Question**

**LI:** To understand how to answer and structure a 6 mark question.

**LO:** I can plan and structure a 6 mark question.

**Seneca:** Injury Prevention 2.3.1

**GCSE Bitesize:** <https://www.bbc.co.uk/bitesize/guides/ztkcdmn/revision/2>

**Teacher Powerpoint:** Uploaded on to Classcharts

**Using practical examples, explain how you might reduce the risk of injury when performing physical activities outdoors. (6)**

*What is the question asking?*  
*What are the methods of reducing risks? How can each one be used to reduce risks?*

*Introduction*  
*Answer the question briefly.*  
*Choose a sport that is performed **outdoors**, describe the facility and name the hazards that can occur.*  
*Say briefly what you are going to say in the rest of your answer.*

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*Paragraph 1*  
*Make a point, explain it, add a specific sporting example say **why** this is important.*  
*Name and describe a method of reducing risk.*  
*Explain how this could be used in the sport you have discussed in your introduction.*  
*Give a sporting example that is specific to this preventative measure. How would this help to prevent that injury?*

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## **Lesson 6: Exam Revision**

**LI:** To understand the different revision techniques.

**LI:** To identify the areas of weakness

**Seneca:** 2.3.1 Injury Prevention

**GCSE Bitesize:** <https://www.bbc.co.uk/bitesize/guides/ztkcdmn/revision/2>

**Teacher Powerpoint:** Uploaded on to Classcharts

## **Lesson 7: End of Topic Test**

**LI:** To be able to complete the end of topic test to the best of my ability in exam conditions.

Topic Test will be uploaded on to Classcharts

## **Lesson 8: Feedback Analysis**

**LI:** To understand personal areas of strength and weakness

Mark scheme and all feedback will be uploaded on to Classcharts

Attainment Band :	Physical factors affecting performance: Preventing injury in physical activity and training.	
	Skills	Knowledge and Understanding
9	<ul style="list-style-type: none"> <li>Flawlessly factual and perceptive responses that relate accurately to the focus of the question</li> <li>Demonstrate excellent understanding, providing clear and detailed descriptions and explanations</li> <li>Communication in writing is highly effective using appropriate and coherent terminology</li> <li>Spelling, punctuation and grammar is precise</li> </ul>	<p><b>Prevention of injury</b></p> <ul style="list-style-type: none"> <li>understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples, including: <ul style="list-style-type: none"> <li>personal protective equipment</li> <li>correct clothing/footwear</li> <li>appropriate level of competition</li> <li>lifting and carrying equipment safely</li> <li>use of warm up and cool down.</li> </ul> </li> <li>know potential hazards in a range of physical activity and sport settings and be able to apply examples, including: <ul style="list-style-type: none"> <li>sports hall</li> <li>fitness centre</li> <li>playing field</li> <li>artificial outdoor areas</li> <li>swimming pool.</li> </ul> </li> </ul>
8	<ul style="list-style-type: none"> <li>Consistently factual and sustained responses that relate to the focus of the question</li> <li>Demonstrate excellent understanding, providing well-defined explanations and descriptions</li> <li>Communication in writing is highly effective using appropriate and coherent terminology</li> <li>Spelling, punctuation and grammar is precise</li> </ul>	
7	<ul style="list-style-type: none"> <li>Offer factually and sustained responses that relate to the focus of the question</li> <li>Successfully and confidently address all aspects of the question</li> <li>Demonstrate high levels of understanding, providing clear and detailed descriptions and explanations</li> <li>Communication in writing is highly effective using appropriate and coherent terminology</li> <li>Spelling, punctuation and grammar is accurate</li> </ul>	
6	<ul style="list-style-type: none"> <li>Confidently offer factually accurate and sustained responses that closely relate to the focus of the question</li> <li>Demonstrate excellent understanding and provide clear and detailed descriptions and explanations</li> <li>Writing shows strong evidence of communicating ideas with high efficiency and use of appropriate terminology</li> <li>On the whole, spelling, punctuation and grammar is accurate</li> </ul>	
5	<ul style="list-style-type: none"> <li>Responses are consistently factually accurate that closely relate to the focus of the question</li> <li>Demonstrate good understanding and provide clear and detailed descriptions and explanations</li> <li>Writing shows evidence of communicating ideas with efficiency and use of appropriate terminology</li> <li>Spelling, punctuation and grammar is appropriate</li> </ul>	
4	<ul style="list-style-type: none"> <li>Responses are often factually accurate and show some relation to the focus of the question</li> <li>Demonstrate sound understanding and provide adequate descriptions and explanations</li> <li>Writing shows evidence of communicating ideas with limited efficiency and use of appropriate terminology</li> <li>Spelling, punctuation and grammar is often adequate</li> </ul>	

3	<ul style="list-style-type: none"> <li>• Responses are often inaccurate and show little relation to the focus of the question</li> <li>• Demonstrate basic understanding and provide limited descriptions and explanations</li> <li>• Communication in writing is approaching an adequate level of coherence, using some appropriate terminology</li> <li>• Spelling, punctuation and grammar is developing in consistency</li> </ul>	
2	<ul style="list-style-type: none"> <li>• Responses are vague and do not relate to the question</li> <li>• Little demonstration of understanding and explanations are often incorrect</li> <li>• Communication in writing is largely ineffective and lacking coherence</li> <li>• Spelling, punctuation and grammar is inconsistent</li> </ul>	
1	<ul style="list-style-type: none"> <li>• Responses do not relate to the question</li> <li>• No demonstration of understanding and explanations are incorrect</li> <li>• Communication in writing is ineffective and disjointed</li> <li>• Spelling, punctuation and grammar is weak</li> </ul>	