



Smart Sport Lesson Kit

Welcome!

Elastoplast Sport is proud to present The Smart Sport Lesson Kit that has been developed in conjunction with the Australian Institute of Sport.

These lesson plans have been developed to increase students' knowledge of sporting injuries, injury prevention and management, and are appropriate for teaching students under the Safe Living strand of the Personal Development, Health and Physical Education (PDHPE) syllabus.

These lessons have been designed for students at stage 4. There are four stand-alone lessons that will take approximately 35-40 mins each. These lessons will fit into a whole unit of work or as stand-alone lessons.

The outcomes of each lesson are in line with the learning outcomes contained in the NSW Board of Studies PDHPE syllabus. Student outcomes are written at the top of each lesson.

The kit contains:

- Student worksheets and handouts (original to be photocopied)
- Teacher Notes - step-by-step notes (with answers to student worksheets) and background
- RICER, HARM and TOTAPS messages to help students learn
- Diagrams of correct taping methods

Topics covered in lessons include:

1. Sports Injuries
Classifying Sports Injuries
2. Sports Injury Prevention (Taping Techniques & Warming Up)
Sports Injury Management – RICER
Treating Sporting injuries

Enjoy the Smart Sport Lessons!



Content Overview

Content Strand	Safe Living	Key Ideas
	<ul style="list-style-type: none">Protective behaviours and counter measures	Individuals can protect themselves and act to reduce the risk of potentially dangerous or threatening situations
	<ul style="list-style-type: none">Causal factors	There are a number of factors that interact to cause accidents
	<ul style="list-style-type: none">Consequences	Unsafe living impacts on individuals and communities
	<ul style="list-style-type: none">Emergency health	The provision of emergency health care is both an individual and community responsibility
Syllabus outcomes	Students will: <ul style="list-style-type: none">Value their health and that of othersAct to protect themselves in threatening situationsDescribe counter-measures for a variety of potentially dangerous situationsOutline the attitudes and behaviours that cause and prevent accidents	
Resources	Activity sheets	
Processes	Interacting, communicating, critical thinking, planning, problem solving and performing	

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