



Smart Sport Lesson Kit: Lesson 1

Title:	<i>Sports Injury Management</i>
Lesson objective:	Students will gain a basic understanding of how sports injuries occur and the common types of sporting injuries that affect people.
Notes	Teacher can choose all or selected activities from those suggested to suit the needs of the class.
Topics covered	Sports Injury Management (Classifying Sports Injuries & Sports Injury Symptoms and Causes)
KLA	PDHPE Syllabus
Year: 7 or 8	Stage: 4
Learning Outcomes:	At the end of this lesson students will: <ul style="list-style-type: none">- Better understand factors that contribute to personal awareness and their effects on behaviour- Communicate effectively with others- Make decisions in the context of maintaining healthy lifestyles- Problem solve individually and in a group
Duration	35– 40 minutes
Teacher Prep Time	5 mins
Preparation necessary	Photocopy student worksheets
Materials provided	Student Worksheets (student) Teacher Notes (background)

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Teaching strategies – see <i>teachers notes for detailed explanations</i>	Introduction: Sports Injuries Explain to the class that the lesson is about identifying different types of sporting injuries.
	Brainstorm Activity Brainstorm examples of sporting accidents and injuries. Ask students to give examples of famous sports peoples' injuries.
	Jigsaw Exercise Teacher to discuss the rate of sporting injuries and main categories of sporting injuries. Students to take notes, form groups and reconstruct passage.
	Cloze Activity Teacher to read passage (alternatively nominate student/s to read) and students listen. Students then to complete the cloze exercise from words listed in the box.
References	<ul style="list-style-type: none">• ABS: Australian Social Trends, 1997• Centre for Health Promotion and Research Sports Injuries in Australia: Causes, costs and prevention. A report to the National Better Health Program, 1990• West Australian Sports Injury Study (2001)
Attachments	Worksheets

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