



# Sports Injuries

## Brainstorm Activity

1. List some sporting injuries that you and your classmates come up with:

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2. List some famous sports people's injuries:

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## Common Sports Injuries for you and your friends

3. There are a lot of common injuries that affect teenagers but these depend on the sport being played. List some common injuries that either you or your friends could be at risk of:

Netball: \_\_\_\_\_

Skateboard/BMXs: \_\_\_\_\_

Soccer: \_\_\_\_\_

Hockey: \_\_\_\_\_

Running: \_\_\_\_\_

Softball: \_\_\_\_\_

Playing: \_\_\_\_\_

Cricket: \_\_\_\_\_

Rugby League/union/AFL: \_\_\_\_\_

Other: \_\_\_\_\_



## **Sports Injury Knowledge**

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## **Common injuries?**

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## **Types of Injuries by Cause**

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## About Sports Injuries

10. Complete the following cloze passage from the words in the box at the bottom of the page.

Sports injuries are more likely to occur during \_\_\_\_\_, like in the backyard, at the park with friends or at \_\_\_\_\_, because \_\_\_\_\_ and game rules are often overseen.

The most common cause of school sports injuries are \_\_\_\_\_ and \_\_\_\_\_. These can result in sprains or \_\_\_\_\_.

The most common parts of the body to get injured are the arms, elbows and \_\_\_\_\_.

Sport is very \_\_\_\_\_ and a healthy, fun way to live life. Sport should not be avoided but it should be taken \_\_\_\_\_ when players are at risk of injury.

<b>informal playing times</b>	<b>lunch-time</b>	<b>protective gear</b>
<b>over-exertion</b>	<b>falls</b>	<b>fingers</b>
<b>strained muscles</b>	<b>safe</b>	<b>seriously</b>