

## Smart Sport Lesson Kit: Lesson 4

<b>Title:</b>	<b>Strapping Injuries</b>	
<b>Lesson objective:</b>	<b>Students will gain a basic understanding on how to manage sporting injuries.</b>	
Notes	Teacher can choose all or selected activities from those suggested to suit the needs of the class.	
Topics covered	Assessing Injuries (TOTAPS) Injury Management (RICER, HARM) Injury Treatment Taping Techniques	
KLA	PDHPE Syllabus	
Year: 7 or 8	Stage: 4	
Learning outcomes:	<p>At the end of this lesson students will be able to:</p> <ul style="list-style-type: none"> <li>• Act to protect themselves in threatening situations</li> <li>• Describe counter-measures for a variety of potentially dangerous situations</li> <li>• Outline the attitudes and behaviours that cause and prevent accidents</li> <li>• Communicate effectively with others</li> <li>• Make decisions in the context of maintaining healthy lifestyles</li> <li>• Problem solve individually and as a group</li> </ul>	
Duration	35– 40 minutes	
Teacher Prep Time	5 mins	
Preparation necessary	Photocopy student worksheets	
Materials provided	Student Worksheets (student) Appendix (background) Picture, worksheets	

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Additional materials (optional)	<ul style="list-style-type: none"> <li>▪ Elastoplast Sport Rigid Strapping Tape (38 mm preventative taping for ankles)</li> <li>▪ Elastoplast Sport Elastic Adhesive Bandages (50mm)</li> </ul>
Teaching strategies	<p><b>1. Research Activity – Ankle Taping</b> Students to research the correct procedures for taping ankles via internet then put procedures in correct order. Class to discuss each procedure and then form into pairs to implement ankle taping techniques.</p>
	<p><b>2. Discussion Activity - Injury Management</b> As a class, go through each injury management strategy and discuss the correct answer for each injury.</p> <p>Students are to complete the activity worksheet with appropriate sports injury management strategies.</p>
References	<p><a href="http://www.elastoplastsport.com">www.elastoplastsport.com</a> <a href="http://www.smartplay.com.au">www.smartplay.com.au</a></p>
Attachments	Worksheets

