

SISSSPT001 Implement Sport injury prevention and management strategies

Lesson Content		Key Teaching Points	Additional extension
Block 1	<p>Create a key terminology and content page in your study book. As you are reading the content in the student workbook, you are to underline or highlight the key words and terminology for this unit.</p> <p>Create your own individual key terms point sheet which will assist with revision and study for this unit.</p> <p>Read page 82-87</p> <ul style="list-style-type: none"> Complete Inquiry Task 2A <p>Read page 90 – 93</p> <ul style="list-style-type: none"> Ensure that you have understood the roles and responsibilities of key stakeholders <p>Read page 94-96</p> <ul style="list-style-type: none"> Give an example of an athlete that has experienced each of the common sports injuries 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> Injuries – what is the impact? Policies and procedures Roles and responsibilities Types of injuries 	<p>Completion of:</p> <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	<p>Practical session/s</p>		

Lesson Content		Key Teaching Points	Additional extension
Block 2	<p>Students are to underline or highlight the key words and terminology for this unit and add to their key terminology and content page.</p> <p>Read page 97</p> <ul style="list-style-type: none"> Complete Inquiry Task 2B <p>Read page 99-100</p> <ul style="list-style-type: none"> Ensure that you have understood the different preventative measures <p>Read page 100 – 102</p> <ul style="list-style-type: none"> Students can demonstrate the different types of contractions . 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> Prevalence Muscular contractions 	<p>Completion of:</p> <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	<p>Practical session/s</p>		

Lesson Content		Key Teaching Points	Additional extension
Block 3	<p>Students are to underline or highlight the key words and terminology for this unit and add to their key terminology and content page.</p> <p>Read page 103-104</p> <ul style="list-style-type: none"> Students can design a warm up and cool down for a sport of their choice <p>Read page 105- 110</p> <ul style="list-style-type: none"> Complete Inquiry Task 2C <p>Read page 112-113</p> <ul style="list-style-type: none"> Research the different types of tapes to see how they differ visually 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> Warm ups Types of training Types of tape 	<p>Completion of:</p> <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	<p>Practical session/s</p>		

Lesson Content		Key Teaching Points	Additional extension
Block 4	<p>Students are to underline or highlight the key words and terminology for this unit and add to their key terminology and content page.</p> <p>Read page 114 -116</p> <ul style="list-style-type: none"> Practice with your partner taping the ankle and thumb <p>Read page 116 - 118</p> <ul style="list-style-type: none"> Practice with your partner taping fingers, elbows, shoulders, knees and the Achilles tendon 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> Taping ankle and thumb Taping fingers, elbows Taping Shoulder Taping knee Taping Achilles tendon 	<p>Completion of:</p> <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	<p>Practical session/s</p>		

Lesson Content		Key Teaching Points	Additional extension
Block 5	<p>Students are to underline or highlight the key words and terminology for this unit and add to their key terminology and content page.</p> <p>Read page 119 -123</p> <ul style="list-style-type: none"> Students can use DRSABCD, STOP, TOTAPS, RICER method to role play different types of Scenarios, including a breathing unconscious concussed casualty, a casualty with a broken leg bone, a casualty with a sprained ankle and an unconscious casualty frothing at the mouth with a potential spinal injury Go over these scenarios with the students considering potential dangers, checking airways and breathing, recovery position, and whether calling 000 is required 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> First aid basics 	<p>Completion of:</p> <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	<p>Practical session/s</p>		

Lesson Content		Key Teaching Points	Additional extension
Block 6	Read page 124-125 <ul style="list-style-type: none"> Students complete Reflection Bank Set A 	Covering the basic principles of: <ul style="list-style-type: none"> 	Completion of: <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	Practical session/s		