

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)



## Grades 6 to 8 • Personal Health Series Sports Safety

These activities will help your students become savvy about sports safety.

## Related KidsHealth Links

### Articles for Kids:

#### Five Ways to Avoid Sports Injuries

[KidsHealth.org/en/kids/sport-safety.html](http://KidsHealth.org/en/kids/sport-safety.html)

#### Strains and Sprains Are a Pain

[KidsHealth.org/en/kids/strains-sprains.html](http://KidsHealth.org/en/kids/strains-sprains.html)

#### Checking Out Cuts, Scratches, and Abrasions

[KidsHealth.org/en/kids/cuts.html](http://KidsHealth.org/en/kids/cuts.html)

#### Concussions

[KidsHealth.org/en/kids/concussion.html](http://KidsHealth.org/en/kids/concussion.html)

#### Sports Physicals

[KidsHealth.org/en/kids/sports-physicals.html](http://KidsHealth.org/en/kids/sports-physicals.html)

#### Steroids

[KidsHealth.org/en/kids/steroids.html](http://KidsHealth.org/en/kids/steroids.html)

### Articles for Teens:

#### Sports and Exercise Safety

[TeensHealth.org/en/teens/sport-safety.html](http://TeensHealth.org/en/teens/sport-safety.html)

#### Dealing With Sports Injuries

[TeensHealth.org/en/teens/sports-injuries.html](http://TeensHealth.org/en/teens/sports-injuries.html)

#### Sports Center

[TeensHealth.org/en/teens/center/sports-center.html](http://TeensHealth.org/en/teens/center/sports-center.html)

#### Are Steroids Worth the Risk?

[TeensHealth.org/en/teens/steroids.html](http://TeensHealth.org/en/teens/steroids.html)

#### Sports Supplements

[TeensHealth.org/en/teens/sports-supplements.html](http://TeensHealth.org/en/teens/sports-supplements.html)

#### Concussions

[TeensHealth.org/en/teens/center/concussions-ctr.html](http://TeensHealth.org/en/teens/center/concussions-ctr.html)

For sport-specific articles, search [TeensHealth.org](http://TeensHealth.org) for "safety tips"

## Special Needs Factsheet for Teachers:

### Concussions

[KidsHealth.org/en/parents/concussions-factsheet.html](http://KidsHealth.org/en/parents/concussions-factsheet.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Have you ever had a sports injury? How did you get it? Are there any ways for fellow athletes to avoid similar injuries?

Why is it important to take time to heal after a sports injury. Why is it not a

2. good idea to ignore any pain that you feel while playing a sport?

Why should you warm up before playing a sport? What can happen if you don't

3. warm up?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Injury Blockers

#### Objective:

Students will:

- Learn how to prevent sports injuries

#### Materials:

- Computer with Internet access
- "Injury Blockers" handout
- Pen or pencil

#### Class Time:

45 minutes

#### Activity:

First, we'll read the KidsHealth.org articles related to sports safety. Then we'll fill out the "Injury Blockers" handout. On the handout, write five sports injuries in the column on the right, then write ways to possibly prevent those injuries in the column on the left.

#### Extension:

Even when athletes wear protective gear, they can still get hurt. Invite a sports medicine physician, an athletic trainer, or a physical therapist to class. Discuss how sports injuries are treated and how they can be prevented.



## Top Tips for Sports Safety

### Objectives:

Students will:

- Explore safety procedures for preventing sports injuries
- Determine strategies for promoting safe behavior when playing sports

### Materials:

- Computer with Internet access
- Pen or pencil and paper, or computer word processing program

### Class Time:

30 minutes

### Activity:

To make sure your classmates are getting the message about sports safety, read the KidsHealth.org articles, then write down what you think are the three most-important things to remember related to sports safety. Next, change your three tips into a quiz for your classmates. Rewrite one tip into a true-or-false question, another into a fill-in-the-blank question, and the last into a multiple-choice question. On another sheet of paper, create an answer key for your questions.

### Extensions:

1. Give your quiz to another classmate, while you take your classmate's quiz. Then grade each other.
2. Let's go through the quizzes, and collect the top 10 into a class quiz. Then we'll share the class quiz (and an answer key) with school coaches and the school nurse to hand out to student athletes.

## Reproducible Materials

### Handout: Injury Blockers

[KidsHealth.org/classroom/6to8/personal/fitness/sports\\_safety\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sports_safety_handout1.pdf)

### Quiz: Sports Safety

[KidsHealth.org/classroom/6to8/personal/fitness/sports\\_safety\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sports_safety_quiz.pdf)

### Quiz Answer Key: Sports Safety

[KidsHealth.org/classroom/6to8/personal/fitness/sports\\_safety\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sports_safety_quiz_answers.pdf)



Name:

Date:

# Injury Blockers

Instructions: Write five sports injuries in the "Injury" column on the left, then write ways to possibly prevent those injuries in the "Injury Blocker" column on the right.

Injury

Injury Blocker






Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

1. True or false: Players need to warm up before games, but not practice.
2. True or false: Mouthguards can help protect your teeth while you play sports.
3. Which activities are not good ways to warm up:
  - a) brisk walking, jogging
  - b) doing jumping jacks
  - c) jumping hurdles, lifting weights, sprinting
4. Wearing the right equipment with the right fit \_\_\_\_\_ your chances of getting hurt.
5. Write three signs a person may have had a concussion:



## Quiz Answer Key

1. True or false: Players need to warm up before games, but not practice.
2. True or false: Mouthguards can help protect your teeth while you play sports.
3. Which activities are not good ways to warm up:
  - a) brisk walking, jogging
  - b) doing jumping jacks
  - c) jumping hurdles, lifting weights, sprinting
4. Wearing the right equipment with the right fit decrease your chances of getting hurt.
5. Write three signs a person may have had a concussion:  
any three of the following: headache or dizziness, feeling sick or throwing up, difficulty with coordination or balance, blurred vision, slurred speech or saying things that don't make sense, feeling confused, having difficulty concentrating, trouble remembering things, feeling sleepy or having trouble falling asleep, feeling anxious or irritable for no apparent reason, feeling sad or more emotional than usual