**BTEC PE: What do I need to do?**

Here is an instruction sheet, each lesson leads to the next and the work being completed weekly is important to ensure that you are able to get the work completed and achieve the grade **YOU** deserve.

**W/C – Monday 20th April 2020**

**Week 1 – Lesson 1 :** Go through the PPT (Management of Injuries) – Fill in the boxes on each of the different management strategies, this can be done and emailed to either (ELL/SHE), this needs to be done to ensure that you have Component 1 – this is the first component and this needs to be finished by July 2020.

By the end of the lesson you should completed the following management strategies - First-aider; doctor; physiotherapist; Protect, Rest, Ice, Compression, Elevation (PRICE); SALTAPS – Stop play, ask the player, look, active movement, passive movement and stand up.

During the lesson time, Mr Ellerby/Mr Shelley will be on Microsoft Teams, please use the PPT and us to help complete your work

**Week 1 – Lesson 2 :** Go through the PPT (Management of Injuries) – Fill in the boxes on each of the different management strategies, this can be done and emailed to either (ELL/SHE), this needs to be done to ensure that you have Component 1 – this is the first component and this needs to be finished by July 2020.

By the end of the lesson you should completed the following management strategies – Psychological – Goal Setting and Relaxation Techniques

During the lesson time, Mr Ellerby/Mr Shelley will be on Microsoft Teams, please use the PPT and us to help complete your work.

**Week 1 – Lesson 3:** In this lesson, you need to do the following using the different techniques to rehabilitate an injury, you need to provide an example to each injury. I have put some examples below and please use them to aid your assignment.

Examples of the Structure when discussing the management of Injury

Sprain – PRICE and First-Aider – PRICE can be carried out at home to ensure that the injury is managed well. Using the method of icing the injury is important to make sure that the ligaments that are twisted and to fully repair. How can athletes elevate at home? What do we have to elevate higher then? Why is it important that blood flows away from the heart?

Dislocation – SALTAPS, Doctor and Physiotherapist – When the injury occurs the athlete shouldn’t be move to prevent further injury being caused. It is important to ensure that the ligaments and tendons aren’t further injured. How would SALTAPS work in a dislocation? What would a physiotherapist do? How might they aid the rehabilitation of the athlete?

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