**Year 9 GCSE PE CORID 19 Work (After Easter)**

Week 1: 20/04/20 – 24/04/20 **(Injury Prevention) Part 1 – Minimising Risks in Sport**

Learning Objectives

* Can I identify factors which might put sports performers at risk, whilst explaining how to minimise these risks to enhance performance and participation?

Starter: Watch the following link and list as many different risks you can see associated with participating in sport

<https://www.youtube.com/watch?v=gdEz49WlWPA>

1.

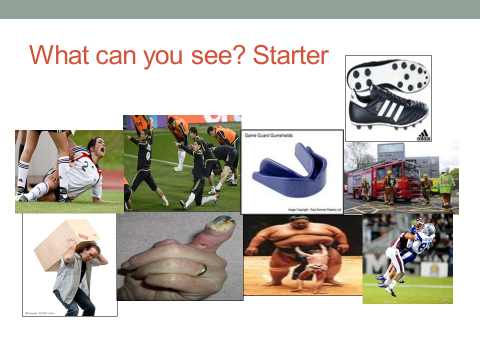
2.

3.

4.

5.

6.



Say what you see in the following image:

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How does this statement apply to sports?

**How can you reduce risk in sport?**

1)

2)

3)

4)

5)

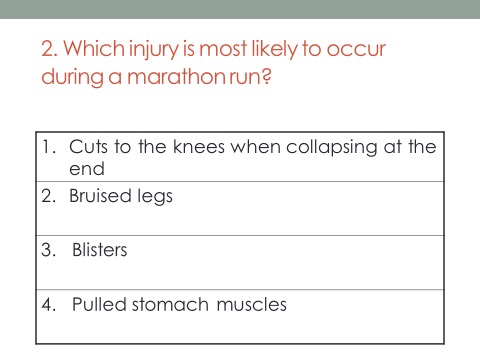
6)

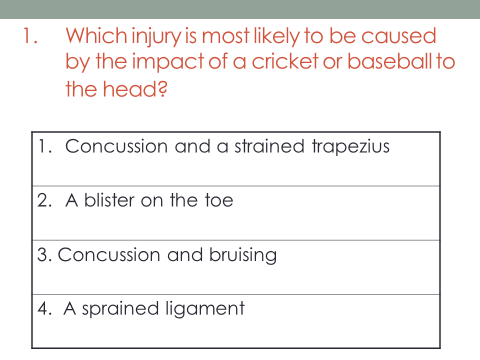
7)

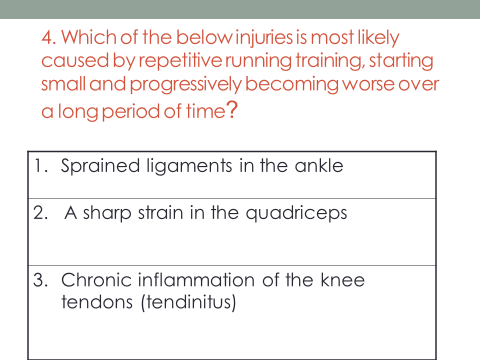
8)

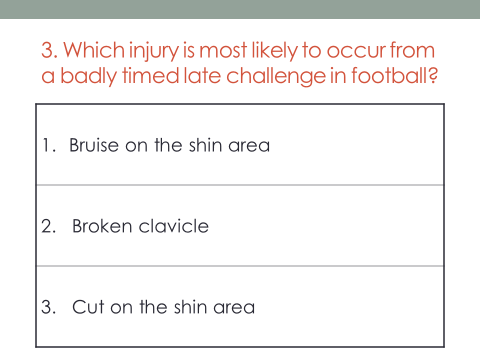
9)

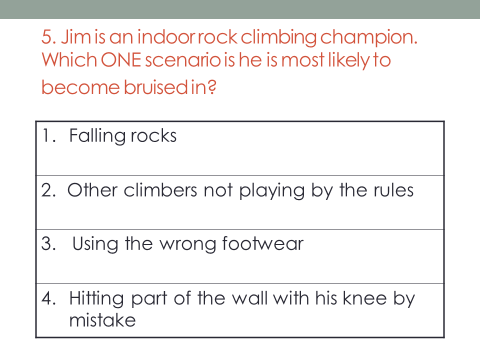
10)



**Exam Questions**







**(Injury Prevention) Part 2 – Risk Assessments**

* Can I complete a detailed risk assessment for various locations around the school?

Define the following terms:

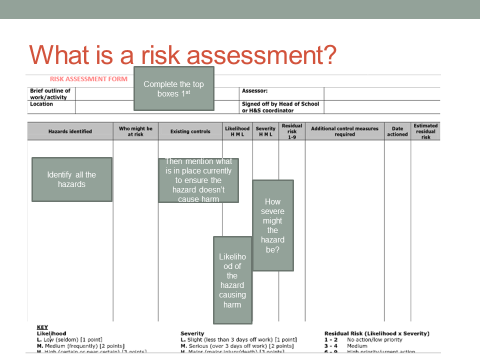
Risk Assessment:

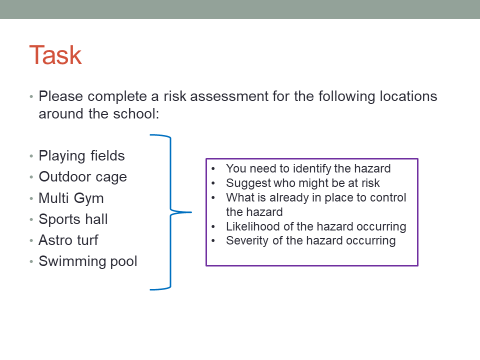
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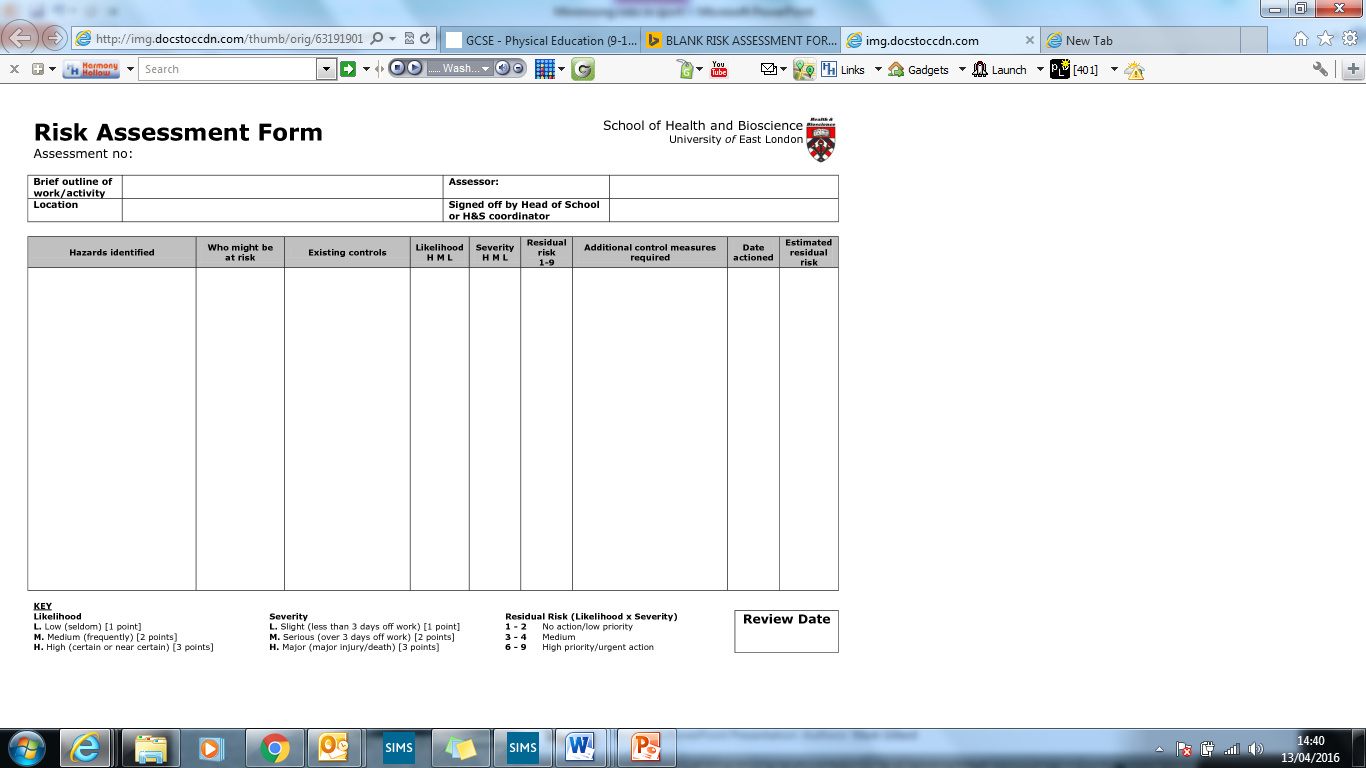
Hazard:

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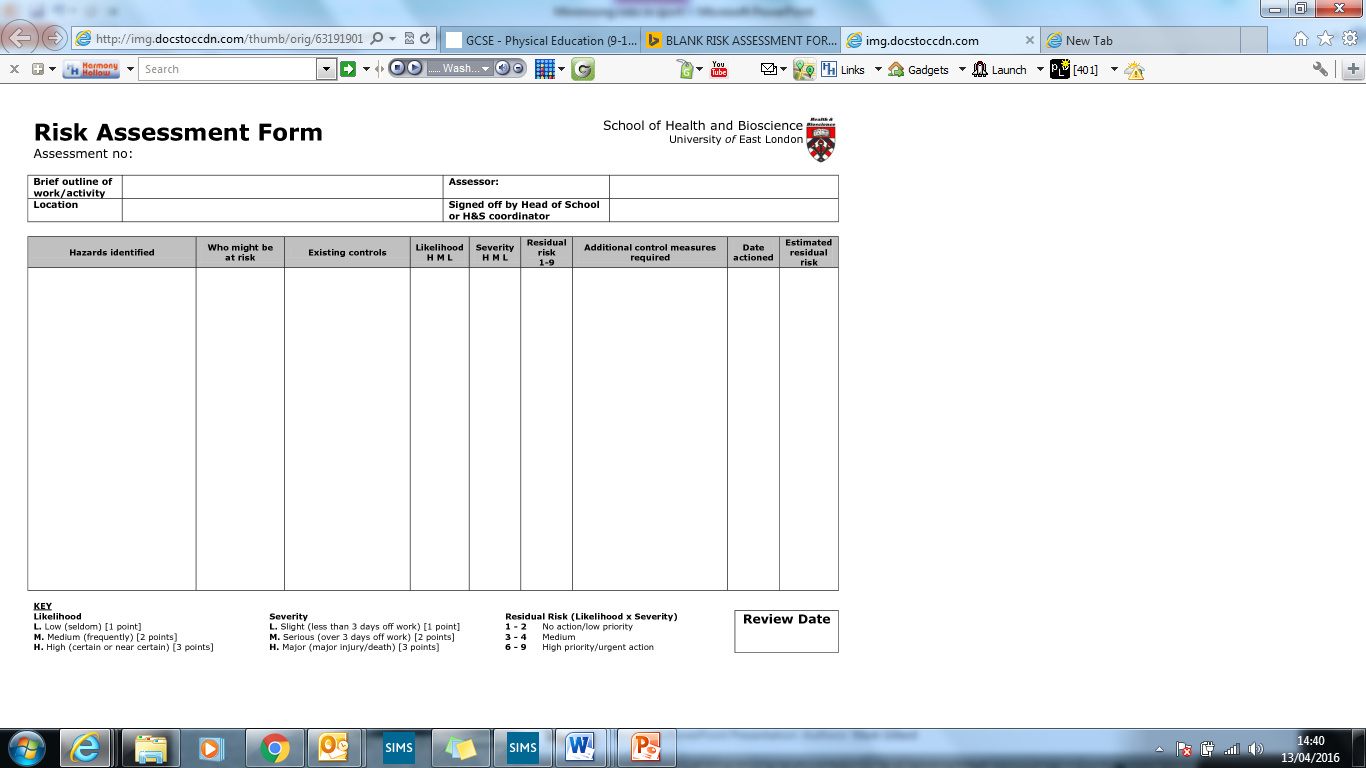
Risk:

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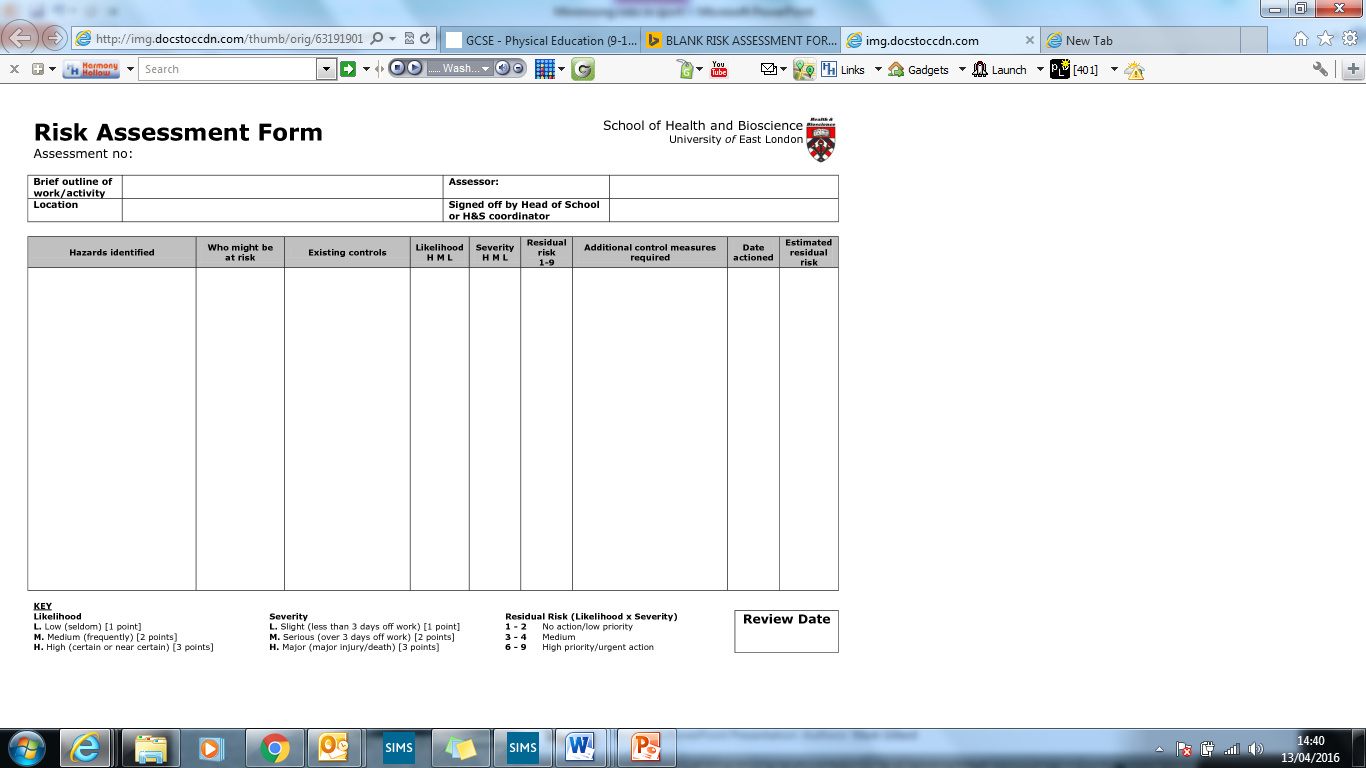




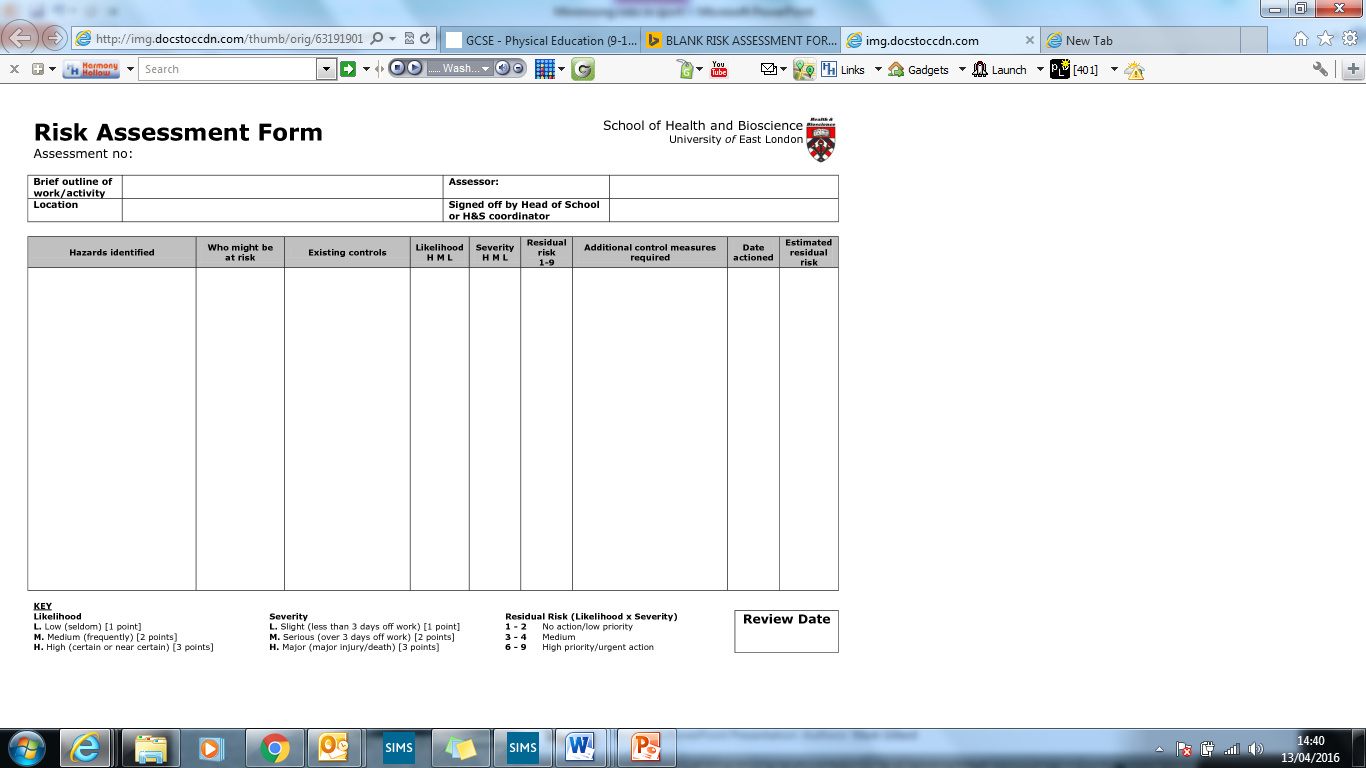
Playing Fields



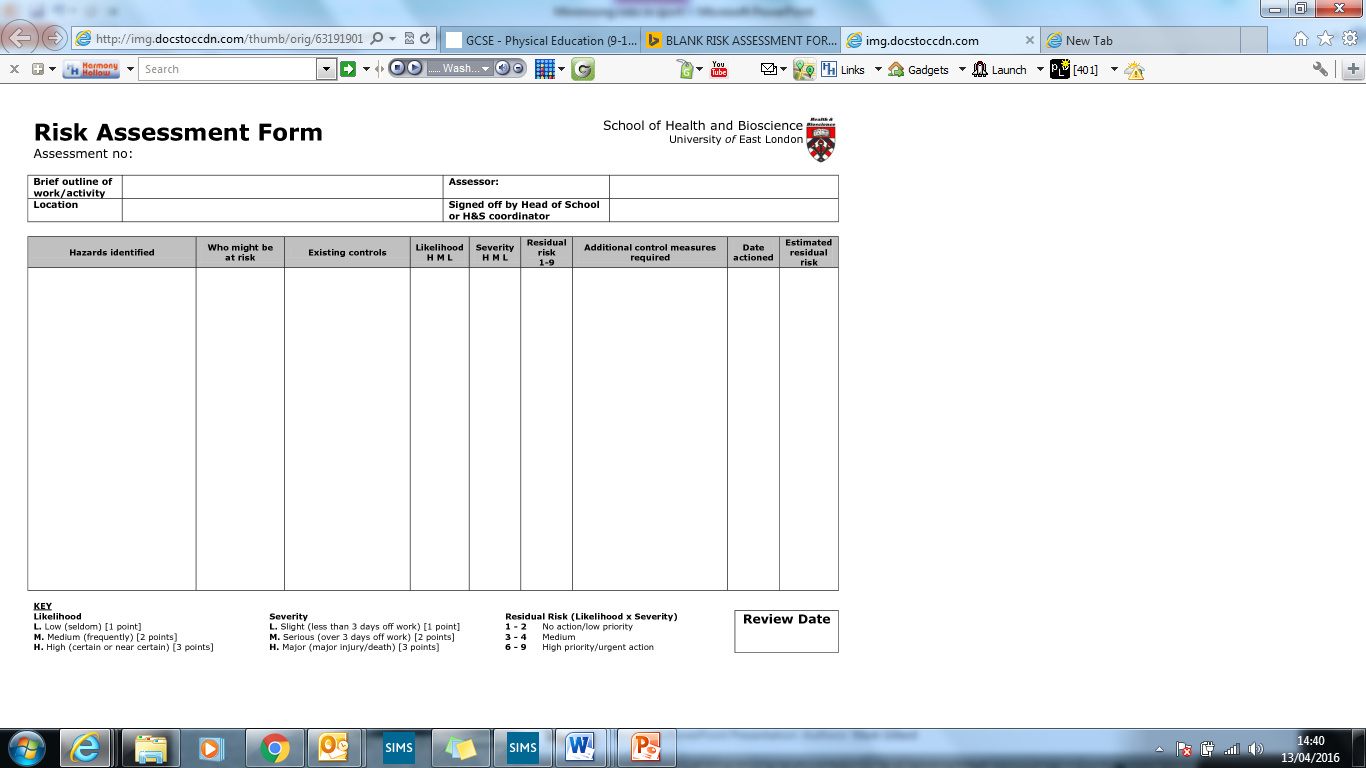
Outdoor cage/Muga



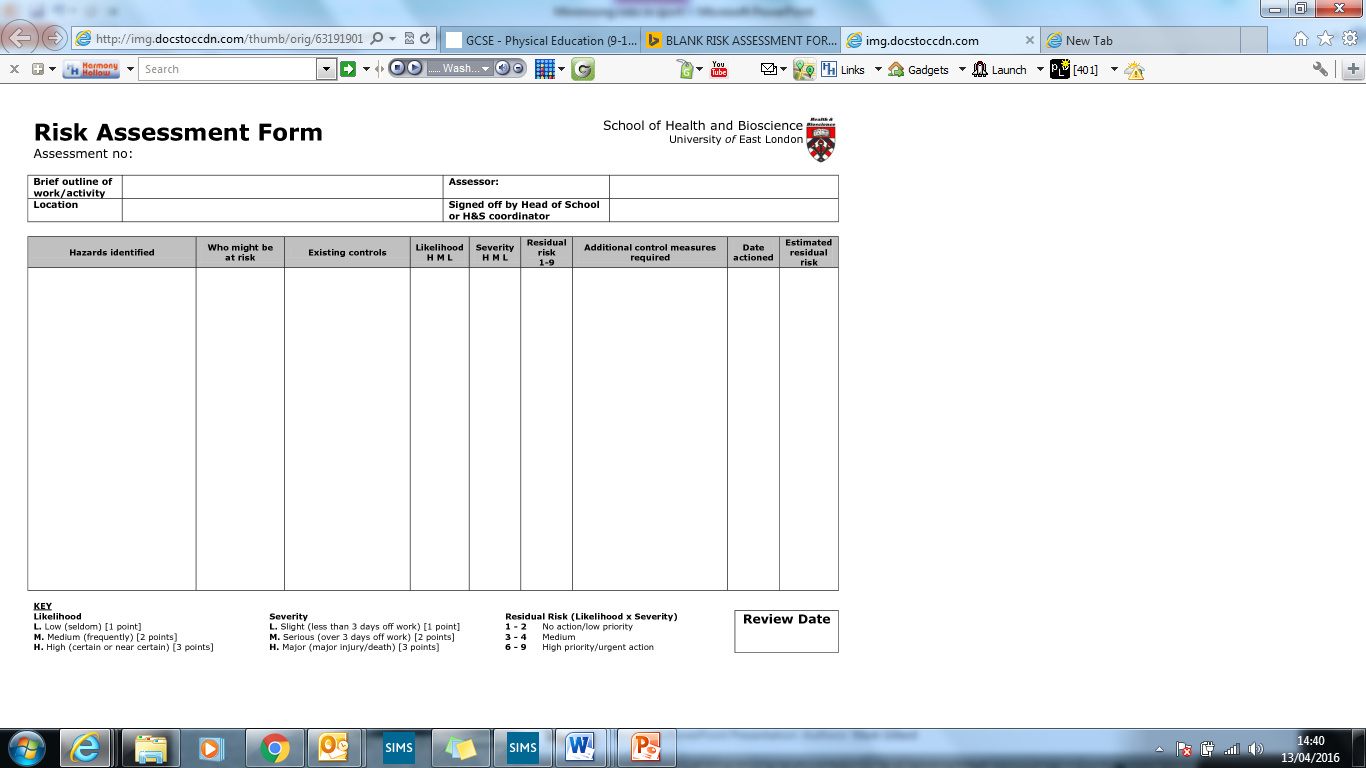
Multi Gym



Sports Hall



Astro Turf



Swimming Pool