**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:

\*

\*

\*

\*

\*

\*

\*



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:

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………...

Hazard:

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………...

Risk:

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………............................





Playing Fields



Outdoor cage/Muga



Multi Gym



Sports Hall



Astro Turf



Swimming Pool