



Safety in Schools Week June 8th to 12th 2009

AGENCY ACTIVITY

Agency

Sports Medicine Australia

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Activity Title Smart Play

Activity Outcomes

Learning Area	Link to K-10 Syllabus	Outcome
Health and Physical Education	<u>Middle Childhood (4-7)</u> Context: GROWTH AND DEVELOPMENT Topic: Growing healthy bodies	Knowledge and Understanding <ul style="list-style-type: none"> • The meaning and dimensions of health • Ways to keep healthier and safer
	Context: LIFESTYLE CHOICES Topic: Nutrition, Fitness	Interpersonal Skills <ul style="list-style-type: none"> • Communicating • Co-operating and collaborating in groups
	Context: DRUG EDUCATION Topic: Safe use of over the counter medication, caffeine, finding reliable information	Self-management Skills <ul style="list-style-type: none"> • Understanding emotions • Reviewing the situation
	Context: SAFETY Topic: Personal choices – making good choices, risky situations, minimising risk	

Phases of Development

Middle Childhood (4-7)
 Early Adolescence (8-9)

Resources Required

Sports Medicine Australia (SMA) will organise a Sports Medicine presenter to conduct a presentation/workshop/course for teacher's professional development or students. These include:

- Sports Medicine Awareness Course (SMAC) (2 hours)
- Drugs in Sport Workshop (1hr)
- Sports Medicine Workshop – range of topics i.e Nutrition/ Fluid Hydration (1hr)

**Approx.
Time
Required
Procedure**

Dependent on the presentation chosen.

Contact Sports Medicine Australia to organise a course to be conducted for staff, students or parents at your school (www.smawa.asn.au)

Student Activity:

1. In *small groups* discuss the different types of sports you play at school or sports club.
2. Pick one sport you are all familiar with – list the different types of *safety equipment* you can use to prevent injuries while playing your chosen sport eg. mouthguard, helmet.
3. Class to identify types of injuries that can occur at various joints or muscles on the body.
4. Students to brainstorm any injuries they have experienced in sport. Ask them to see if they can also describe how the injury happened and how it could have been prevented.
5. As a reflection, ask students to write up an action plan of the steps they will take next time they participate in their sport to minimise injury risk.
6. Download injury fact sheets and brochures from the website.
7. Complete a warm up/ cool down session through SMA or with a PE teacher.

**Community
Links**

How could the school involve the local community, parents and seniors in Safety in Schools Week?

The school could conduct any of these workshops for parents of the students at the school and have the workshop on the weekend, night time etc.

**Policy and
Procedures**

Are you aware of the School's written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education and Training's Risk Management Policy and Occupational Safety and Health Policy

Do you have safety structures and procedures in place?

- Are teachers encouraged to undergo first aid or sports injury prevention courses? SMA website has all the course details for you.
- Are first aid kits appropriately stocked and maintained? MediChill, Children' Health Solutions can help your school stock up with ice packs and first aid kits.
- Are injury records kept for teachers and students? If not, download SMA's injury report forms from www.smawa.asn.au

**Other
Resources
Available**

- Smart Play brochures and posters:
 - What you need for a SPORT FIRST AID KIT
 - The administration of medications by non-medical personnel
 - Specific injury brochures – hamstring, eye, head, ankle, knee
- Blood Rules, OK – Infectious blood borne diseases video
- Drug Free sport cards
- Western Australian Sports Injury Study, Sports Medicine Australia (WA)
- Warm Up/ Cool Down posters
- Medichill catalogue and order forms

To help your school and Health/Physical Education learning curriculum area keep up to date with the latest sports medicine trends, issues and research, SMA (WA Branch) is offering **School Subscriptions** for a 12 month or 24 month period.

Sports Care is a specialised service provided by Sports Medicine Australia for sports events. Our travelling team of doctors, physiotherapists, nurses and sports trainers make your sports safer by treating injured athletes and advising you on injury prevention.

For further information contact SMA WA Branch at: www.smawa.asn.au