



Safety in Schools Week May 17th to 21st 2004

Australian Physiotherapy Association Activity

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AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

Activity Title

Getting Ready for Sport



Curriculum Framework Activity Outcomes

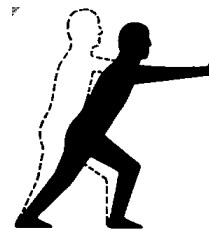
Learning Area	Learning Outcome	Specific Learning
Health and Physical Education	Knowledge and Understanding	Understanding the importance of exercise. Knowing how the body works. Knowing how to prevent injury. Recognising safe environments and selecting equipment.
	Attitudes and Values	Sport as a cooperative endeavour. Participation v competition- Is winning the most important thing? Rules – Who needs them and why? Decision-making on and off the field.
	Skills for physical activity	Preparing for sport –warm up/cool down. Stretching for injury prevention. Applying the RICE formula for injuries. Selecting the right sport or exercise.
	Self Management skills	Making the right decision based on information so as to enjoy exercise and avoid injury
	Interpersonal skills	Working collaboratively with others as a team player. Demonstrating effective communication skills.

Phases of development

Talks and activity suitable for primary and lower secondary students

Activity resources required

Talk accompanied by presentation slides/powerpoint/overheads



Procedure

Physiotherapists to visit to talk on exercise and sport.
Demonstration of exercise warmup/cool down.
Demonstration of RICE procedure post injury



Community Links

How could the school involve the local community in Safety in Schools Week?
Example: Physiotherapists to talk on sports injuries and how to avoid them
How could the school involve parents and seniors in Safety in School Week?
Example: Physiotherapist to talk to P&C and school groups on the subject



Policy and Procedures

Are you aware of the schools written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education Risk Management Policy,
- Visit the Safety Rules OK! website for guidelines www.safetyrules.health.wa.gov.au

Do you have safety structures and procedures in place?

- Do the students know about the importance of warm up/cool down?
- Is exercise part of the school's regular routine?

Other resources available

Brochures and posters will be used as part of the talk.
Rulers will be given to students.



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