



# Safety in Schools Week June 12th to 16th 2006

## Agency


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## Activity Title

# Be Kid Safe where you Live. Learn and Play

## Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
<b>Health and Physical Education</b>  	<b>Knowledge and Understanding</b>	<ul style="list-style-type: none"> <li>Understanding the importance of exercise.</li> <li>Knowing how the body works.</li> <li>Knowing how to prevent injury.</li> <li>Recognising safe environments and selecting equipment.</li> </ul>
	<b>Attitudes and Values</b>	<ul style="list-style-type: none"> <li>Sport as a cooperative endeavour.</li> <li>Participation v competition - Is winning the most important thing?</li> <li>Rules – Who needs them and why?</li> <li>Decision-making on and off the field.</li> </ul>
	<b>Skills for Physical Activity</b>	<ul style="list-style-type: none"> <li>Preparing for sport –warm up/cool down.</li> <li>Stretching for injury prevention.</li> <li>Applying the RICE formula for injuries.</li> <li>Selecting the right sport or exercise.</li> </ul>
	<b>Self Management Skills</b>	<ul style="list-style-type: none"> <li>Making the right decision based on information so as to enjoy exercise and avoid injury.</li> </ul>
	<b>Interpersonal Skills</b>	<ul style="list-style-type: none"> <li>Working collaboratively with others as a team player.</li> <li>Demonstrating effective communication skills.</li> </ul>

## Phases of Development

Talks and activity suitable for primary and lower secondary students.

**Activity  
Resources  
Required**

Talk accompanied by presentation slides/power point/overheads.

**Procedure**

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

**Community  
Links**

**How could the school involve the local community in Safety in Schools Week?**

- Physiotherapists to talk on sports injuries and how to avoid them.

**How could the school involve parents and seniors in Safety in School Week?**

- Physiotherapist to talk to P&C and school groups on the subject.

**Policy and  
Procedures**

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

- Check with administration
- Refer to the Education Department's Risk Management Policy
- Visit the Kidsafe WA Website for guidelines [www.kidsafewa.com.au](http://www.kidsafewa.com.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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