Grades 6 to 8 • Personal Health Series
Sports Safety

Have you ever had a sports injury? How did you get it? Are there any ways for fellow athletes to avoid similar injuries?

Why is it important to take time to heal after a sports injury. Why is it not a good idea to ignore any pain that you feel while playing a sport?

Why should you warm up before playing a sport? What can happen if you don’t warm up?

Related KidsHealth Links

Articles for Kids:

- Five Ways to Avoid Sports Injuries
- Strains and Sprains Are a Pain
  KidsHealth.org/en/kids/strains-sprains.html
- Checking Out Cuts, Scratches, and Abrasions
  KidsHealth.org/en/kids/cuts.html
- Concussions
  KidsHealth.org/en/kids/concussion.html
- Sports Physicals
  KidsHealth.org/en/kids/sports-physicals.html
- Steroids
  KidsHealth.org/en/kids/steroids.html

Articles for Teens:

- Sports and Exercise Safety
  TeensHealth.org/en/teens/sport-safety.html
- Dealing With Sports Injuries
  TeensHealth.org/en/teens/sports-injuries.html
- Sports Center
  TeensHealth.org/en/teens/center/sports-center.html
- Are Steroids Worth the Risk?
  TeensHealth.org/en/teens/steroids.html
- Sports Supplements
  TeensHealth.org/en/teens/sports-supplements.html
- Concussions
  TeensHealth.org/en/teens/center/concussions-ctr.html

For sport-specific articles, search TeensHealth.org for “safety tips”

Special Needs Factsheet for Teachers:
- Concussions
  KidsHealth.org/en/parents/concussions-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Have you ever had a sports injury? How did you get it? Are there any ways for fellow athletes to avoid similar injuries?
   
   Why is it important to take time to heal after a sports injury. Why is it not a good idea to ignore any pain that you feel while playing a sport?

2. Why should you warm up before playing a sport? What can happen if you don’t warm up?

3. Why is it important to take time to heal after a sports injury. Why is it not a good idea to ignore any pain that you feel while playing a sport?

4. Why should you warm up before playing a sport? What can happen if you don’t warm up?
Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Injury Blockers

Objective:
Students will:
- Learn how to prevent sports injuries

Materials:
- Computer with Internet access
- "Injury Blockers" handout
- Pen or pencil

Class Time:
45 minutes

Activity:
First, we'll read the KidsHealth.org articles related to sports safety. Then we'll fill out the "Injury Blockers" handout. On the handout, write five sports injuries in the column on the right, then write ways to possible prevent those injuries in the column on the left.

Extension:
Even when athletes wear protective gear, they can still get hurt. Invite a sports medicine physician, an athletic trainer, or a physical therapist to class. Discuss how sports injuries are treated and how they can be prevented.
Top Tips for Sports Safety

Objectives:
Students will:
- Explore safety procedures for preventing sports injuries
- Determine strategies for promoting safe behavior when playing sports

Materials:
- Computer with Internet access
- Pen or pencil and paper, or computer word processing program

Class Time:
30 minutes

Activity:
To make sure your classmates are getting the message about sports safety, read the KidsHealth.org articles, then write down what you think are the three most-important things to remember related to sports safety. Next, change your three tips into a quiz for your classmates. Rewrite one tip into a true-or-false question, another into a fill-in-the-blank question, and the last into a multiple-choice question. On another sheet of paper, create an answer key for your questions.

Extensions:
1. Give your quiz to another classmate, while you take your classmate's quiz. Then grade each other.
2. Let's go through the quizzes, and collect the top 10 into a class quiz. Then we'll share the class quiz (and an answer key) with school coaches and the school nurse to hand out to student athletes.

Reproducible Materials

Handout: Injury Blockers
KidsHealth.org/classroom/6to8/personal/fitness/sports_safety_handout1.pdf
Quiz: Sports Safety
KidsHealth.org/classroom/6to8/personal/fitness/sports_safety_quiz.pdf
Quiz Answer Key: Sports Safety
KidsHealth.org/classroom/6to8/personal/fitness/sports_safety_quiz_answers.pdf
## Injury Blockers

Instructions: Write five sports injuries in the “Injury” column on the left, then write ways to possibly prevent those injuries in the “Injury Blocker” column on the right.

<table>
<thead>
<tr>
<th>Injury</th>
<th>Injury Blocker</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Quiz

1. True or false: Players need to warm up before games, but not practice.

2. True or false: Mouthguards can help protect your teeth while you play sports.

3. Which activities are not good ways to warm up:
   a) brisk walking, jogging
   b) doing jumping jacks
   c) jumping hurdles, lifting weights, sprinting

4. Wearing the right equipment with the right fit _________________ your chances of getting hurt.

5. Write three signs a person may have had a concussion:
Quiz Answer Key

1. True or false: Players need to warm up before games, but not practice.

2. True or false: Mouthguards can help protect your teeth while you play sports.

3. Which activities are not good ways to warm up:
   a) brisk walking, jogging
   b) doing jumping jacks
   c) jumping hurdles, lifting weights, sprinting

4. Wearing the right equipment with the right fit _decrease_ your chances of getting hurt.

5. Write three signs a person may have had a concussion:
   any three of the following: headache or dizziness, feeling sick or throwing up,
   difficulty with coordination or balance, blurred vision, slurred speech or saying things
   that don't make sense, feeling confused, having difficulty concentrating,
   trouble remembering things, feeling sleepy or having trouble falling asleep,
   feeling anxious or irritable for no apparent reason, feeling sad or more emotional than usual