



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Without the proper protective gear and safety procedures, your students could get injured while playing sports. The following discussion questions and activities will help your students become savvy about sports safety.

## Related KidsHealth Links

### Articles for Kids:

#### Five Ways to Avoid Sports Injuries

[KidsHealth.org/kid/stay\\_healthy/fit/sport\\_safety.html](http://KidsHealth.org/kid/stay_healthy/fit/sport_safety.html)

#### What's the Big Sweat About Dehydration?

[KidsHealth.org/kid/stay\\_healthy/fit/dehydration.html](http://KidsHealth.org/kid/stay_healthy/fit/dehydration.html)

#### Concussions

[KidsHealth.org/kid/ill\\_injure/aches/concussion.html](http://KidsHealth.org/kid/ill_injure/aches/concussion.html)

#### Strains and Sprains Are a Pain

[KidsHealth.org/kid/ill\\_injure/aches/strains\\_sprains.html](http://KidsHealth.org/kid/ill_injure/aches/strains_sprains.html)

#### Steroids

[KidsHealth.org/kid/stay\\_healthy/fit/steroids.html](http://KidsHealth.org/kid/stay_healthy/fit/steroids.html)

### Articles for Teens:

#### Sports and Exercise Safety

[KidsHealth.org/teen/food\\_fitness/exercise/sport\\_safety.html](http://KidsHealth.org/teen/food_fitness/exercise/sport_safety.html)

#### Dealing With Sports Injuries

[KidsHealth.org/teen/food\\_fitness/sports/sports\\_injuries.html](http://KidsHealth.org/teen/food_fitness/sports/sports_injuries.html)

#### Dehydration

[KidsHealth.org/teen/safety/first\\_aid/dehydration.html](http://KidsHealth.org/teen/safety/first_aid/dehydration.html)

## Discussion Questions

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

1. Bumps and bruises are often the result of playing sports. Have you ever had a sports injury? How did you get it? What steps did you take to remedy the injury? What advice would you give fellow athletes to avoid a similar injury?
2. Discuss why it's important to take time to heal after a sports injury. Why should you not ignore any pain that you feel while playing a sport?
3. When you're ready to play, warming up seems like a waste of time. Why should you warm up before playing a sport? What does warming up do for your body? 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.*

### Coaching for Safety

#### Objectives:

Students will:

- Explore safety procedures for preventing sports injuries
- Determine strategies for promoting healthy behavior for athletes

#### Materials:

- Computer with Internet access
- Pen and plain paper or computer word processing program

#### Class Time:

30 minutes

#### Activity:

You have the whistle, the clipboard, and the bag of equipment. Who are you? The assistant coach of a kids' sports team, that's who! Your first responsibility as coach is to create a handout that spells out safety tips for your team. Check out the articles at KidsHealth to gather some guidelines for preventing sports injuries. Then you can design your safety handout, making sure to write in language that kids can understand and emphasizing the importance of safety in sports.

#### Extensions:

1. The head coach wants your players to drink water only after the game (not before or during) because she says drinking water will give them stomach cramps. How would you respond to her? Role-play the discussion you would have with your head coach about dehydration, including information about preventing dehydration and recognizing the signs of dehydration.
2. To raise awareness with your team about common sports injuries, you decide to have a weekly team meeting addressing a specific injury. Select an injury like a sprain, strain, or concussion. Write a brief speech about what the injury is, how it's treated, and how you can avoid it.
3. In the locker room, you overhear one of your players saying that her older brother takes steroids to help him play better and build muscle more quickly. She tells her teammates that she will bring some to the next practice so they can try it. Now what should you do? Read articles at KidsHealth to learn more about steroids. Using this information, draft a letter to the parents of your team, informing them of the dangers of steroid use.



## Yum, Yum ... Safety Cereal?!

### Objective:

Students will:

- Learn about the importance of protective gear for preventing sports injuries

### Materials:

- Computer with Internet access
- Safety Cereal handout (available at: [KidsHealth.org/classroom/6to8/personal/fitness/sports\\_safety\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sports_safety_handout1.pdf)) or plain paper
- Art supplies (colored pencils, markers, crayons)

### Class Time:

45 minutes

### Activity:

The Safety Cereal Corporation has hired you to design a cereal box promoting sports safety. They want to encourage the young athletes who eat Safety Cereal to wear protective gear. Before designing your cereal box, do some research at KidsHealth to learn more about the importance of protective gear for preventing injuries. Your cereal box must include the following elements:

- A picture of protective gear
- The protective gear's purpose
- Why kids should wear this gear

Your cereal box design should be informative, and it should convince young athletes that it's cool to wear protective gear.

### Extensions:

1. Even when athletes wear protective gear, they can still get hurt. Invite a doctor certified in sports medicine, an athletic trainer, or a physical therapist to class. Discuss sports injuries and how they're addressed by the professionals.
2. The Safety Cereal Corporation wants its cereal box to feature a professional athlete who's been injured and made a recovery. Write a letter to the cereal company recommending an athlete, after conducting research into his or her injury and recovery process.

## Reproducible Materials

### Handout: Safety Cereal

[KidsHealth.org/classroom/6to8/personal/fitness/sports\\_safety\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sports_safety_handout1.pdf)



Name:

Date:

Instructions: Design the front and back of the Safety Cereal box to promote sports safety. Your cereal box must include:

- A picture of protective gear
- The protective gear's purpose
- Why kids should wear this gear

