## GCSE PHYSICAL EDUCATION (Paper 1 – Y10 term 4) – Mr Wing Axis, prevention of injury SMART targets and Continuums.

## **Prevention of injury** - Risk Assessments

The technique by which you identify hazards, measure the chances of an accident happening, anticipate what the consequences would be and plan actions to prevent it.

Top tip: the following hazards/risks can be used as answers to exam questions in all of the different sporting places you need to consider; Equipment left out, damaged equipment, wet or slippery surface, walls/fence boundaries, overcrowding, completion of a warm up.

Sports Hall – Hazards:			Fitness Centre – Ha	Fitness Centre – Hazards:			Swimming pool – Hazards:			Playing field and Artificial outdoor areas- hazards:		
Hazard	Risk	Preventative measure	Hazard	Risk	Preventative measure	Hazard	Risk	Preventative measure	Hazard	Risk	Preventative measure	
Exercise / gym equipment left out,	Trip resulting in injury	Put away all unused equipment	Exercise / gym equipment left out,	Trip resulting in injury	Put away all unused equipment	Exercise / gym equipment left out,	Trip resulting in injury	Put away all unused equipment	Exercise / gym equipment left out,	Trip resulting in injury	Put away all unused equipment	
Damaged equipment,	Could fall and cause a head injury	Repair / replace / remove damaged	Damaged equipment,	Could fall and cause a head injury	Repair / replace / remove damaged equipment	Damaged equipment,	Could fall and cause a head injury	Repair / replace / remove damaged equipment	Damaged equipment,	Could fall and cause a head injury	Repair / replace / remove damaged equipment	
Wet slippery floor.	Slip hazard resulting in a	equipmenthazardDry/clear	Wet slippery floor.	Slip hazard resulting in a head injury.	Dry/clear spillages	Deep water,	Drowning	Warning signs, active lifeguard, adult	Wet slippery floor.	Slip hazard resulting in a head injury.	Dry/clear spillages	
Walls/open	head injury. Head injury	Close all doors,	Heavy free weights,	Being dropped on a foot/body	Supervision of participants.	-		supervision of children	Litter (including broken bottles	Cutting a body part	Visual check of the area and	
doors,	from running into open door	safe run off areas		part	Use of appropriate weight. Spotters used to support participant.	Swimming pool chemicals	Eye and skin damage	Keep chemical in a secure	and animal feces) other	Head injury	safe removal of litter. Prevent	
hard floor,	Knee injury from a fall	Warn participants, suitable personal protective equipment, use				Running around the pool area	Slip hazard resulting in a head injury.	location. Walking only, warning signs	participants / overcrowding	from participants colliding	overcrowding, limit number of people in the	
			Incorrect lifting techniques	Could result in a back injury	To teach participants correct lifting	Broken tiles Weather (if	Cut foot / body part Sun burn	Replace / repair tilesWaterproof sun	Uneven ground / surface	Sprained ankle	session. Fill in holes with mud /	
other participants / overcrowding	Head injury from participants	of mats.       technique.         Prevent       overcrowding,         limit number of       technique.		technique.	outdoors), other participants	Hypothermia	cream Suitable PPE/wetsuit/hea ted pool			sand.		
	colliding	people in the session.										

### Key terms:

**Hazard** – something this has the possibility to cause harm

**Risk** – the chance of and type of injury that could occur <u>Preventative measure</u> – the thing which is put in place to reduce the

risk.

Exam tip. Many of the hazards are the same across the different sporting areas. Therefore these answers could be used regardless of the scenario.

Exam question preparation: Which risks hazards above can be used to answer a question regardless of the location?

Exam Questions: (challenge) when attempting these questions can you try to not use the same answer twice?) Describe two potential hazards that might be found in an artificial outdoor area and suggest a way to reduce the risk of each hazard (4 marks) Describe **four** potential hazards that might be found in an fitness suite/gym and suggest a way to reduce the risk of each hazard (4 marks) Describe two potential hazards that might be found in a swimming pool area and suggest a way to reduce the risk of each hazard (4 marks) Describe **two** potential hazards that might be found in an sports hall and suggest a way to reduce the risk of each hazard (4 marks) Describe two potential hazards that might be found on a public playing field and suggest a way to reduce the risk of each hazard (4 marks)

# **Possible Exam Questions**

Specific - very clear and relate directly to the sport, position or area of interest for the individual. Eg improve muscle endurance.

Measurable – Using data/numbers to measure improvements in fitness against a goal eq. To be able to run 5000m in 25 minutes.

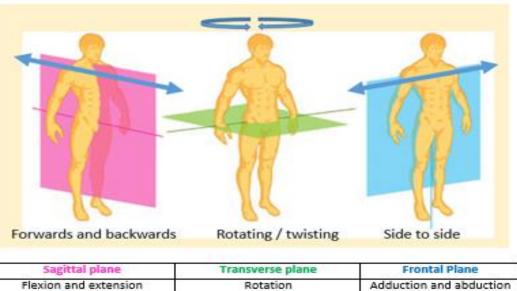
SMART Targets

Achievable – realistic, not too hard but not too easy, challenging but within the performer's capacity.

Recorded – write it down by keeping a log or training diary

Time bound – state when it will be achieved, set a time limit for completion eg. This target will be achieved in 6 weeks

# **Planes of movement**



Flexion and extension		Transverse plane	Frontal Plane		
		Rotation	Adduction and abduction		
•	Bicep curl	<ul> <li>Golf swing</li> </ul>	<ul> <li>Star jump in gymnastics</li> </ul>		
•	Forward roll in gymnastics	<ul> <li>Pirouette in ballet</li> </ul>	<ul> <li>Cartwheel in gymnastics</li> </ul>		
•	Front summersault in trampolining.		22.5		

# Environmental continuum (Open – Closed)

Why is the free throw a closed

What does the tackler have to

consider about his

environment?

skill?



Preforming a set shot - basketball. Closed

Can be practised time and time again with very few conditions changing. Not impacted by things in the environment

Eg. No opposition, no changes in weather, no change in height, no time restriction, no change in distance, no change in ball size, no change in hoop size, no change in back board.



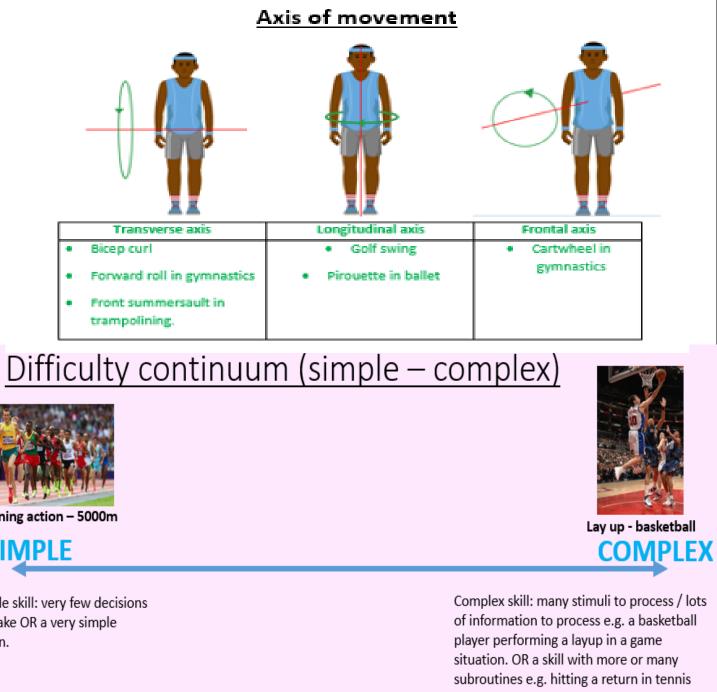
Making a slide tackle in football Open

The exact situation can not be replicated due to lots of changes in the environment.

Eg. Speed, ball position, changes in surface, size and strength of opposition, opposition ability, amount of time, position on the pitch, weather etc.

Give an example of a movement along the Sagittal plane (1 mark) Give an example of a movement along the Frontal plane (1 mark) Give an example of a movement along the Transverse plane (1 mark) Name the plane/axis of movement used when performing a golf swing (1 mark) Name the plane/axis of movement used when performing a cartwheel in gymnastics (1 mark) Name the plane/axis of movement used when performing a somersault in gymnastics (1 mark) Name the plane/axis of movement used when performing a golf swing (1 mark) Using a practical example, explain SMART targets (5 marks) Place a rugby tackle / free kick in football / playing a pull in cricket / competing in a high jump competition on the environmental continuum. (1 mark each)

Place a football slide tackle / a chip shot in golf / shot in netball / gymnastic beam routine on the difficulty continuum. (1 mark each)





Running action - 5000m

# SIMPLE

Simple skill: very few decisions to make OR a very simple action.