

## Activity Check List

By the end of today's double lesson, I would like this content below finished. If you do not get it done you will complete it for home learning and have it ready for tomorrow. Today is about productivity!!! Tomorrow we will attack D1.

- No phones
- My seating plan on the computers
- Less socialising and more productivity is required!!!!

Criteria	What is required?	Where can I get support?	How long should it take me?	Complete?? Yes/No
P3: Explain intrinsic and extrinsic factors which influence the risk of sports injuries	Create a table which explains both the intrinsic and extrinsic factors that influence the risk of sports injuries.	<ul style="list-style-type: none"> <li>• Use your support sheet from lesson</li> <li>• Look at your notes and the unit content in your folders!!!</li> </ul>	1 hour	
P4: Take steps to minimise the risk of sports injuries occurring during a sports activity	Plan and carry out a risk assessment that considers both intrinsic and extrinsic factors that can affect the risk of injury during sporting activity.	See Mr Walker's email – complete A.S.A.P. This one is easy, we covered this content during unit 4.	40 minutes maximum, however detail is required.	
M2: Explain how appropriate warm-ups and cool-downs can reduce the risk of sports injuries	Create a document that highlights the importance of warming up and cooling down to prevent sports injury. Take an athlete and use them as a sporting example.	Complete the support sheet and then transfer into a word document.	1 hr 30 minutes	