

Where are we at the minute?

Criteria	What is required?	Where can I get support?
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.	Use your support sheet from lesson – look at your notes and the unit content in your folders!!!
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.
M2: Explain how appropriate warm-ups and cool-downs can reduce the risk of sports injuries	Create a poster 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.
D1: Analyse how measures to optimise player safety are recognised and legislated for in a specific sport	Using football as an example, write a report which details the safety measures in place to help ensure player safety. The four topic areas you should address are: Rules Kit Equipment Techonology	To complete – not done anything on this as yet.