



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.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- 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 practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

Participating in sports can help young people stay healthy, set a level of physical activity that lasts for years, learn about teamwork and competition, and build social relationships. But even young bodies have their limits. These activities can help your students understand those limits - how to get a healthy start, compete safely, deal with injuries, and avoid risky behaviors when playing sports.

Related KidsHealth Links

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. Name some rules in sports that help keep athletes from injuring themselves and others.
2. What unhealthy things do some athletes do to improve their performance? Why do you think some athletes take these harmful steps?



Activities for Students

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

Before, During, After

Objectives:

Students will:

- Research factors that contribute to safe sports participation
- Create and share safety messages with their peers

Materials:

- Poster board
- Pens or paints
- Computer with Internet access and printer, or old magazines
- Tape or glue

Class Time:

45 minutes

Activity:

After reading the TeensHealth.org articles about sports safety, we're going to create three posters for all the athletes in our school. Our posters will remind them that sports safety happens **before**, **during**, and **after** each event:

Before: paying attention to diet, training, sports physicals, and warming up

During: using protective equipment, staying hydrated, following the rules, and telling a coach or trainer if you get injured

After: treating any injuries, and sticking to doctors' or trainers' recommendations for rest and when it is safe to return to play

Extension:

Use the messages in the posters to create audio recordings that can be used during morning announcements, podcasts that can be shared online, or videos for school assemblies or the school website.



Cheers and Whistles

Objectives:

Students will:

- Identify safe and risky behaviors related to sports

Materials:

- "Cheers and Whistles" handout
- Computer with Internet access

Class Time:

20 minutes

Activity:

Sports and exercise are good for you, but some athletes engage in risky behaviors, like eating unhealthy diets, taking harmful supplements, or training improperly. To help student-athletes stay healthy and avoid harmful habits, use the "Cheers and Whistles" handout to list things student-athletes should do and not do when training or playing sports.

Extensions:

1. Write Cheers! and Whistles! information for every sport offered at your school.
2. For each sport on your "Cheers and Whistles" chart, list health problems that could occur for each of the behaviors listed in the Whistles! column.

Reproducible Materials

Handout: Cheers and Whistles

KidsHealth.org/classroom/9to12/personal/safety/sports_safety_handout1.pdf

Quiz: Sports Safety

KidsHealth.org/classroom/9to12/personal/safety/sports_safety_quiz.pdf

Answer Key: Sports Safety

KidsHealth.org/classroom/9to12/personal/safety/sports_safety_quiz_answers.pdf



Name:

Date:

Cheers and Whistles

Instructions: Cheer for safety tips and blow the whistle on risky behaviors by writing two things student-athletes should do (cheers) and two things they shouldn't do (whistles) when they're training or playing each sport.



Cheers!

Whistles!

Running		
Football		
Cheerleading		
Gymnastics		
Lacrosse		

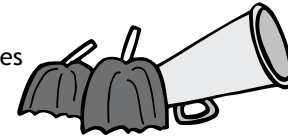


Name:

Date:

Cheers and Whistles

Instructions: Cheer for safety tips and blow the whistle on risky behaviors by writing two things student-athletes should do (cheers) and two things they shouldn't do (whistles) when they're training or playing each sport.



Cheers!

Whistles!

Basketball		
Soccer		
Baseball, softball		
Swimming, diving		
Field hockey		



Name: _____

Date: _____

Quiz

1. True or false: Mouthguards can help protect your teeth while you play sports.
2. True or false: Players need to warm up before games, but not practice.
3. Underline safe warm-up activities:

a) brisk walking	b) jogging
c) doing jumping jacks	d) jumping hurdles
e) lifting weights	f) sprinting
4. Wearing the right equipment with the right fit _____ your chances of getting hurt.
5. If you've been _____ and you try to come back too soon, you run the risk of reinjuring yourself – maybe even more seriously than before.
6. True or false: All sports supplements sold in the United States must be checked and approved by the U.S. Food and Drug Administration (FDA).
7. True or false: Teen athletes who use substances like anabolic steroids or growth hormone (hGH) can have problems with growth, and may develop diabetes and heart problems.
8. Student athletes should check with their _____ before taking any supplement or over-the-counter medicine.
9. True or false: Wearing a helmet prevents concussions.
10. Underline 10 symptoms of a concussion:

a) headache or dizziness	b) feeling sick or throwing up
c) feeling pain in the teeth or jaw	d) difficulty with coordination or balance
e) blurred vision	f) feeling happy or giddy
g) slurred speech or saying things that don't make sense	h) difficulty hearing
j) trouble remembering things	i) feeling confused, having difficulty concentrating
l) feeling sleepy or having trouble falling asleep	k) drooling or having a runny nose
n) feeling anxious or irritable for no apparent reason	m) swollen legs or feet
p) bad breath	o) feeling sad or more emotional than usual
11. EXTRA CREDIT #1 - True or false: Most people who get concussions don't pass out.
12. EXTRA CREDIT #2 - If you've had a concussion, you can't return to practice or play until a _____ says it's OK.



Quiz Answer Key

1. True or false: Mouthguards can help protect your teeth while you play sports.
2. True or false: Players need to warm up before games, but not practice.
3. Underline safe warm-up activities:

a) <u>brisk walking</u>	b) <u>jogging</u>
c) <u>doing jumping jacks</u>	d) <u>jumping hurdles</u>
e) <u>lifting weights</u>	f) <u>sprinting</u>
4. Wearing the right equipment with the right fit decreases your chances of getting hurt.
5. If you've been injured or hurt and you try to come back too soon, you run the risk of reinjuring yourself – maybe even more seriously than before.
6. True or false: All sports supplements sold in the United States must be checked and approved by the U.S. Food and Drug Administration (FDA).
7. True or false: Teen athletes who use substances like anabolic steroids or growth hormone (hGH) can have problems with growth, and may develop diabetes and heart problems.
8. Student athletes should check with their doctor before taking any supplement or over-the-counter medicine.
9. True or false: Wearing a helmet prevents concussions.
10. Underline 10 symptoms of a concussion:

a) <u>headache or dizziness</u>	b) <u>feeling sick or throwing up</u>
c) <u>feeling pain in the teeth or jaw</u>	d) <u>difficulty with coordination or balance</u>
e) <u>blurred vision</u>	f) <u>feeling happy or giddy</u>
g) <u>slurred speech or saying things that don't make sense</u>	h) <u>difficulty hearing</u>
j) <u>trouble remembering things</u>	i) <u>feeling confused, having difficulty concentrating</u>
l) <u>feeling sleepy or having trouble falling asleep</u>	k) <u>drooling or having a runny nose</u>
n) <u>feeling anxious or irritable for no apparent reason</u>	m) <u>swollen legs or feet</u>
p) <u>bad breath</u>	o) <u>feeling sad or more emotional than usual</u>
11. EXTRA CREDIT #1 - True or false: Most people who get concussions don't pass out.
12. EXTRA CREDIT #2 - If you've had a concussion, you can't return to practice or play until a doctor says it's OK.