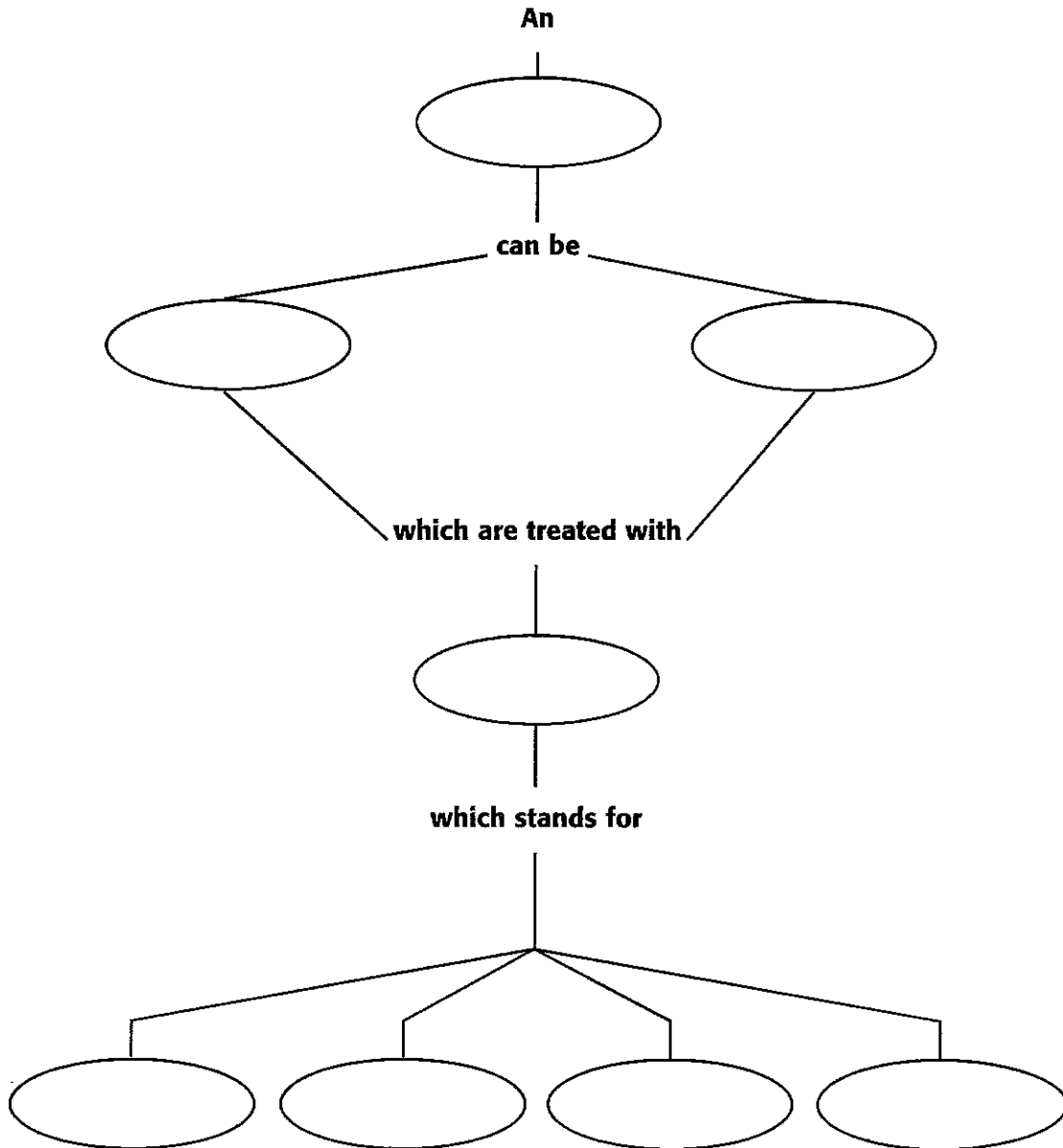


Skills Worksheet

Concept Mapping

Lesson: Injury and Recovery

Use the following terms to create a concept map in the space below: *injury*, *acute*, *RICE*, *chronic*, *rest*, *ice*, *compression*, and *elevation*.



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Enrichment Activity *continued*

Lesson: Exercising Caution

Choose a sport. You don't have to be involved with the sport. Investigate the equipment needed to play this sport. Talk to coaches, physical education teachers, and fellow students about their experiences with the sport. Ask them the following questions.

1. Name each piece of equipment used in the sport.

2. What purpose does each piece of equipment serve?

3. How does some of the equipment keep you safe?

4. Is the equipment mandatory? Why or why not?

5. Explain how using equipment safely makes the sport more fun, with fewer injuries to the athlete.
