



Injuries in Rugby

Activity title:	Injuries In Rugby
Curriculum area:	PE / BTEC Sport
NC objectives:	Unit 18
Main learning objective	Pupils can describe different injuries, along with the best treatments for each

Timing	Lesson plan ideas, activities and resource sheets
INTRODUCTION 15 minutes	<ul style="list-style-type: none"> • Whole class discussion on recent sporting injuries that have made the media - use sporting news websites to find examples prior to class (i.e. BBC Sport). • What factors can affect the likelihood of a player getting injured, and how can this be reduced? Link back to lesson on risk assessments.

Continued



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<p>MAIN ACTIVITY</p> <p>30 minutes</p>	<ul style="list-style-type: none"> • Use PowerPoint 1.4a to highlight rugby injuries and give an example of how to deal with three different types of injury. • Using internet research, pupils must find out which Gloucester players have been injured this season. Using this information, they will produce an information sheet on common rugby injuries, their causes, and the best way to treat these injuries, should they occur. • Students can be given resource 1.4b which has an article about the role of a physio at Gloucester Rugby Club and has a report written by an injured player in which he describes the injury. • The information sheet should be informative, easy to follow and attractive to the eye. • Pupils should include a minimum of 4 injuries, and should refer to the specific players who have sustained them.
<p>PLENARY</p> <p>5 minutes</p>	<ul style="list-style-type: none"> • Whole class discussion on what injuries pupils have researched. • Discuss what procedures GRFC will follow once a player gets injured (Club doctors, rehabilitation, Club physiotherapists). • What are the injury risks for young players? (Over-use injuries, over-training, stress)

Suggested extension activities or cross curricular links:

For those pupils who have completed the leaflet:

- ✓ Produce a further document on common illnesses associated with participation in sports
- ✓ Pupils produce a PowerPoint presentation, outlining the common injuries, to be presented to a group of elite performers
- ✓ Pupils produce a video recording, outlining the common injuries, to be presented to a group of elite performers