



[KidsHealth.org/classroom](http://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 use goal-setting 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](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

To avoid injuries and stay in the game, it's important to follow a few rules. These activities will help your students learn how to play and compete safely.

## Related KidsHealth Links

### Articles for Kids:

#### Five Ways to Avoid Sports Injuries

[KidsHealth.org/en/kids/sport-safety.html](http://KidsHealth.org/en/kids/sport-safety.html)

#### Strains and Sprains Are a Pain

[KidsHealth.org/en/kids/strains-sprains.html](http://KidsHealth.org/en/kids/strains-sprains.html)

#### Checking Out Cuts, Scratches, and Abrasions

[KidsHealth.org/en/kids/cuts.html](http://KidsHealth.org/en/kids/cuts.html)

#### Concussions

[KidsHealth.org/en/kids/concussion.html](http://KidsHealth.org/en/kids/concussion.html)

#### Sports Physicals

[KidsHealth.org/en/kids/sports-physicals.html](http://KidsHealth.org/en/kids/sports-physicals.html)

#### Stay Safe: Baseball

[KidsHealth.org/en/kids/safety-baseball.html](http://KidsHealth.org/en/kids/safety-baseball.html)

#### Winter Sports: Sledding, Skiing, Snowboarding, Skating

[KidsHealth.org/en/kids/winter-sports.html](http://KidsHealth.org/en/kids/winter-sports.html)

#### How To Be a Good Sport

[KidsHealth.org/en/kids/good-sport.html](http://KidsHealth.org/en/kids/good-sport.html)

## Discussion Questions

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

1. Do you ever warm up and stretch before playing a sport, or cool down after playing? Why is it important to do that?
2. How can following the rules of a game help you avoid getting hurt?
3. Why is it important to stop playing a game or sport if you get hurt?
4. What's a concussion? How would you know if you might have had one? If you think you might have a concussion, who should you tell as soon as possible? Is it okay to keep playing if you think you might have had a concussion?
5. What is good sportsmanship?



## Activities for Students

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

### Our Game Plan

#### Objectives:

Students will:

- Explore ways to play a sport safely
- Learn how good sportsmanship relates to safety

#### Materials:

- Computer with Internet access
- Pencil
- “Our Game Plan” handout

#### Class Time:

- 45 minutes

#### Activity:

After reading the article the KidsHealth article, “Five Ways to Avoid Sports Injuries,” fill out the “Our Game Plan” handout with a partner in class. You can choose a sport or game like kickball, soccer, basketball, or tennis, or make up your own game. Make sure to include the rules of the game, how to play safely and avoid injuries, how to use good sportsmanship skills, how to have fun while you’re playing, and how to stay focused during the game.

#### Extensions:

1. During recess or after school, organize a game using your “Our Game Plan” handout. Encourage everyone to be good sports while they play.
2. Ask a local sports coach or your physical education teacher to visit your class and talk about sports safety.



## That's No Way to Play

### Objectives:

Students will:

- Identify potential hazards related to sledding and skiing

### Materials:

- Computer with Internet access
- Markers, crayons, or pencils
- Sports magazines, “That’s No Way to Play” handout

### Class Time:

- 30 minutes

### Activity:

After reading the KidsHealth article, “Winter Sports: Sledding, Skiing, Snowboarding, Skating,” check out the illustrations of kids sledding and skiing. Under each illustration, explain anything the kids are doing (or not doing) that might be dangerous.

### Extension:

Use pictures from sports magazines to create a winter sports collage that shows protective gear.

## Reproducible Materials

#### Handout: Our Game Plan

[KidsHealth.org/classroom/3to5/personal/fitness/sports\\_safety\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/fitness/sports_safety_handout1.pdf)

#### Handout: That's No Way to Play

[KidsHealth.org/classroom/3to5/personal/fitness/sports\\_safety\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/personal/fitness/sports_safety_handout2.pdf)

#### Handout for Teachers: That's No Way to Play Answers

[KidsHealth.org/classroom/3to5/personal/fitness/sports\\_safety\\_handout3.pdf](http://KidsHealth.org/classroom/3to5/personal/fitness/sports_safety_handout3.pdf)

#### Quiz: Sports Safety

[KidsHealth.org/classroom/3to5/personal/fitness/sports\\_safety\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/personal/fitness/sports_safety_quiz.pdf)

#### Answer Key: Sports Safety

[KidsHealth.org/classroom/3to5/personal/fitness/sports\\_safety\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/personal/fitness/sports_safety_quiz_answers.pdf)



Names: \_\_\_\_\_

Date: \_\_\_\_\_

## Our Game Plan

Instructions: With a partner, write the name of your favorite sport or game (or make one up!), then write your game plan.

NAME OF THE GAME:				
RULES OF THE GAME:	HOW TO PLAY SAFELY AND AVOID INJURIES:	HOW TO BE A GOOD SPORT:	HOW TO HAVE FUN WHILE PLAYING:	HOW TO STAY FOCUSED:



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## That's No Way to Play

Instructions: Under each picture, write at least two things that the kids are doing (or not doing) that might be dangerous.



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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## That's No Way to Play

Instructions: Under each picture, write at least two things that the kids are doing (or not doing) that might be dangerous.



*We don't need helmets since we already know how to ski.*

*I'll wear my big brother's ski boots to save money.*

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## That's No Way to Play Answers



*Kids are not sitting up, they shouldn't be riding the same sled at the same time, they're not wearing helmets, they're not wearing gloves, they're not wearing boots, the sled is damaged, no adults are watching.*



## That's No Way to Play Answers



*They're not wearing goggles, they're not wearing helmets, wrong size ski boots.*

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: You should stop playing a sport immediately if you get hurt and feel pain.
2. True or false: A sprain is the same as a strain.
3. A concussion can cause:
  - a. headache
  - b. blurred vision
  - c. feeling happy
  - d. trouble walking or concentrating
  - e. confusion and saying things that don't make sense
  - f. slurred speech
  - g. vomiting
  - h. dizziness
4. Protective gear helps you avoid getting \_\_\_\_\_ while playing a game or sport.
5. When kids are sledding, it's good to have adults around to help kids stay \_\_\_\_\_ and in case kids need \_\_\_\_\_.
6. For skating, it's important to remember to never skate \_\_\_\_\_ and to only skate on \_\_\_\_\_ ice.
7. True or false: It's a good idea to warm up before you play a sport.
8. True or false: If you don't know the rules of a game, it's easier for you to get hurt while you're playing.



## Quiz Answer Key

1. True or false: You should stop playing a sport immediately if you get hurt and feel pain.
2. True or false: A sprain is the same as a strain.
3. A concussion can cause:
  - a. headache
  - b. blurred vision
  - c. feeling happy
  - d. trouble walking or concentrating
  - e. confusion and saying things that don't make sense
  - f. slurred speech
  - g. vomiting
  - h. dizziness
4. Protective gear helps you avoid getting \_\_\_\_\_ *hurt* \_\_\_\_\_ while playing a game or sport.
5. When kids are sledding, it's good to have adults around to help kids stay \_\_\_\_\_ *safe* \_\_\_\_\_ and in case kids need \_\_\_\_\_ *help* \_\_\_\_\_.
6. For skating, it's important to remember to never skate \_\_\_\_\_ *alone* \_\_\_\_\_ and to only skate on \_\_\_\_\_ *approved* \_\_\_\_\_ ice.
7. True or false: It's a good idea to warm up before you play a sport.
8. True or false: If you don't know the rules of a game, it's easier for you to get hurt while you're playing.