3.9 Reducing the Risk of Injury: Environmental Factors, Clothing and Technique: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 A PE department is setting up a school sports hall for a Year 9 circuit-training lesson with several stations running at once. Which of the following facility checks would best reduce the risk of collision injury between groups?

- ☐ A) Play music to help pace the circuit
- ☐ B) Reduce the length of the lesson
- ☐ C) Make sure there is enough space between each station so that groups do not move into each other
- ☐ D) Ask pupils to work in complete silence

(Total for Question 1 is 1 mark)

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2 In an outdoor football training session on a very hot day, identify one environmental factor that raises the risk of injury to players.

(Total for Question 2 is 1 mark)

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3 A hockey umpire has a duty to check players and equipment before a match begins. Name one piece of equipment a hockey umpire should check before a match to reduce injury risk.

(Total for Question 3 is 1 mark)

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4 In a gymnastics class using floor mats, describe two safety checks a teacher should make to the venue before the session starts.

(Total for Question 4 is 2 marks)

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5 For an outdoor school football pitch that floods easily, suggest two preventative measures that would reduce the risk of injury to players during the autumn season.

(Total for Question 5 is 2 marks)

6 Name two pieces of protective equipment recommended for a school rugby match and state briefly how each reduces injury risk.

(Total for Question 6 is 2 marks)

7 A badminton lesson is due to take place in a sports hall that has recently had a leaking roof, leaving several damp patches on the floor near one end of the court. Explain how failing to check the condition of the hall floor before this lesson could increase the risk of injury, and how the school should respond.

(Total for Question 7 is 3 marks)

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Mark scheme · 3.9 Reducing the Risk of Injury: Environmental Factors, Clothing and Technique: 10-minute Pack

Question 1

C **B1**

Answer: C

Question 2

high temperature / heat / extreme heat **B1**

Answer: High temperature

Question 3

players' shin guards (checked for being worn/fitted correctly), oe (accept other genuine safety equipment, e.g. gum shield, or the hockey stick checked for dangerous damage) **B1**

Answer: Players' shin guards, checked to make sure they are worn and fitted correctly.

Question 4

check mats are positioned and secured correctly with no gaps, oe **B1**

check the floor and surrounding area are clear of debris and hazards, oe **B1**

Answer: Check mats are positioned and secured correctly with no gaps between them, and check the floor and surrounding area are clear of debris or other hazards.

Question 5

ensure drainage is improved or postpone/move sessions after heavy rain, reducing waterlogged playing surfaces, oe **B1**

inspect pitch before use and remove puddles or mark out safe areas, or use alternative venue when necessary, oe **B1**

Answer: Improve drainage or postpone and relocate sessions after heavy rain to avoid waterlogged surfaces, and inspect the pitch before use to remove puddles, mark safe areas or move to an alternative venue when necessary.

Question 6

gumshield, protects teeth and reduces dental and jaw injuries, oe **B1**

shoulder pads or scrum cap, absorbs impact and reduces head/shoulder impact risk, oe **B1**

Answer: Gumshield, which protects teeth and helps reduce dental and jaw injuries; and shoulder pads or a scrum cap, which absorb impact and reduce the risk of head or shoulder impact injury.

Question 7

a damp patch reduces grip/traction underfoot, oe **B1**

a player lunging or changing direction on the damp patch is more likely to slip and fall, risking a sprain, strain or impact injury, oe **B1**

response: the school should dry or rope off the affected area, or move the lesson to an unaffected part of the hall/another venue, before play begins, oe **B1**

Answer: A damp patch reduces grip underfoot, so a player lunging or changing direction on it is more likely to slip and fall, risking a sprain or impact injury; the school should dry or rope off the area, or move the lesson elsewhere, before play begins.

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