



Risk of injury

“Question Race”



UNTAMED
EDUCATION

“Question Race”

Task Instructions (Enough sets of questions printed for each group.
Completed “Injuries” worksheet for each group)

1. Photocopy the sets of questions onto different coloured paper.
2. Separate the class into groups and allocate a colour to each group.
3. Students are asked to learn/revise the information for the injuries topic.
4. On “go” one person from each group comes and collects the first question from their coloured stack.
5. Using the source material they must find the answer to that question and write it onto a separate piece of paper.
6. A second person brings the answer to the teacher. If it is correct they can take the next question. Writers and runners must rotate.
7. While the answers are being checked students should be revising the material ready for the next question.

Variations/Extensions

1. Instead of giving the cards to the student a teacher can whisper the question in the runner’s ear.
2. Play this as a chain game. Give each group a question and the answer. Each group must visit all the others and check their answer before moving on.

The Learning

1. Groups learn that divided labour is more productive than duplicating it.
2. It promotes examination skills.
3. Students take full ownership of the learning rather than relying on the teacher.
4. Allows students to get out of their chairs.

“Question Race”

1. (4 marks)
Name the causes of injuries in sport.

2. (2 marks)
How would you treat someone who is winded?

3. (4 marks)
Explain the treatment R.I.C.E.

4. (3 marks)
Describe a strain injury.

5. (2 marks)
Explain the treatment for a blister.

6. (2 marks)
Describe how a bruise is formed.

7. (3 marks)
What strategies can you use to prevent injuries?

8. (5 marks)
What is a sprain and how is it treated?

9. (2 marks)
How would you treat a cut?

10. (3 marks)
Which injuries are treated with R.I.C.E.?