|  |  |  |  |
| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| I can complete an 8-stage flow chart of the process of the acute effects of altitude on the CV and respiratory system. See page 25) |  |  |  |
| I know the durations of acclimatisation and what acclimatisation means. (page 26) |  |  |  |
| I know how temperature can impact on the bodies systems (28-29) |  |  |  |
| I know the time frames linked to acclimatisation to high temperatures (See page 30) |  |  |  |
| I know what Chronic/ Acute/ Soft and Hard injuries are. (page 35-43) |  |  |  |
| I know the different types of Acute hard injuries (page 35-37) |  |  |  |
| I know the different types of Acute soft injuries (pages 38-39) |  |  |  |
| I know what causes concussion. I know the symptoms of concussion. (page 40) |  |  |  |
| I know the Chronic hard and soft injuries (page41-43) |  |  |  |
| I know the two section of injury prevention, intrinsic and extrinsic. I can give examples of each. |  |  |  |
| I know how to respond to injuries, using SALTAPS and PRICE. I know how to return to activity after a concussion. |  |  |  |

**Task sheet 26 Sports Injuries. By the end of the week you should be able to:**

* Revise for test on Monday EPOC, Energy system, 1 on social 20th Century, 1 on Biomechanics (spin) (**Monday)**
* Complete notes on how to acclimatise to heat. **(Thur/ Fri)**
* Complete notes on sports injuries, Chronic, Acute, soft, hard **(Mon)**
* Complete notes on injury prevention. **(Tue/Wed)**