|  |  |  |  |
| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| I have completed notes on sports injuries |  |  |  |
| I know the different types of injuries, soft, hard, acute, chronic |  |  |  |
| I know examples of different acute, chronic, soft, hard injuries. |  |  |  |
| I know the symptoms of the different injuries. |  |  |  |
| I know the difference between intrinsic and extrinsic risk factors relating to injuries. |  |  |  |
| I can list the intrinsic risk factors. |  |  |  |
| I can list the extrinsic risk factors. |  |  |  |
| I can describe an effective warm up and cool down. |  |  |  |
| I can explain in detail the physiological impact of a warm-up and cool down |  |  |  |
| I know what SALTAPS and PRICE stand for, I know the signs of concussion |  |  |  |
| I know all the different types of rehabilitation and how they work |  |  |  |

**Task sheet 27 Sports Injuries and memory the end of the week you should be able to:**

* Complete notes on pages 55-67 **Monday**
* Complete a screencast on the Signs, symptoms, potential causes and treatment for the main injuries in sport.
* These are all signposted in the green boxes from page 63-67 **Monday**
* **Prepare for test on sports injuries. (Monday)**
* Complete questions on memory **Tue/Wed**
* Know the difference between Atkinson and Craik’s models of memory. (page 112-118) **Thur/Fri**