

H.O.P.E. 1
Second Quarter
Quarter 1 – Module 5:
Observes Personal Safety Protocol to Avoid
Dehydration, Overexertion, Hypothermia and Hyperthermia During MVPA Participation

Activity 1: My Pics, Your Thoughts

Directions: Study the picture below. Give your ideas, thoughts about the illustrations. Answer the processing questions afterwards.



1.



2.



3.



4.

Processing questions:

1. Have you experienced any of the incidents reflected in the pictures above?
2. When did you experience it?
3. Where did it happen?
4. How did it happen?
5. What do you call these circumstances?

Activity 2: Paste Me a Picture!

Directions: Cut or illustrate pictures of the following terms. Provide a simple definition of each item.

1. Sprain
2. Contusion
3. Concussion
4. Dislocation
5. Fracture
6. Strain

Activity 3: Common Sports Injuries

Directions: List some common injuries that teenagers like you may be at risk of when playing the following sports.

1. Basketball:
2. Volleyball:
3. Track and Field:
4. Lawn Tennis:
5. Combative sports:
6. Softball:
7. Badminton:

Activity 4: What do I need to do?

Directions: Make your personal safety protocol to avoid dehydration, overexertion, hypothermia and hyperthermia during MVPA participation by filling out the table below.

My Personal Safety Protocol

	Before	During	After
Dehydration			
Overexertion			
Hypothermia			
Hyperthermia			

Activity 5: Complete Me!

Directions: Complete the following cloze passage. Choose your answer on the words provided inside the box below.

Sports injuries are more likely to occur during _____ 1 _____, like in the backyard, at the park with friends or at _____ 2 _____, because _____ 3 _____ and game rules are often overseen.

The most common cause of school sports injuries are _____ 4 _____ and _____ 5 _____. These can result in sprains or _____ 6 _____.

The most common parts of the body to get injured are the arms, elbows and _____ 7 _____.

Sport is very _____ 8 _____ and a healthy, fun way to live life. Sport should not be avoided but it should be taken _____ 9 _____ when players are at risk of injury.

Informal Playing	Times Lunch-Time	Protective Gear
Over-Exertion	Falls	Fingers
Strained Muscles	Safe	Seriously

Prepared by:

Ryan M. Coz
Teacher II

Checked by:

Edwin D. Castillo
Master Teacher II

Noted by:

Janet G. Apolinar
Principal II

