

Week 1

Extrinsic Risk Factor 2 continued

Equipment

Performance equipment is used so you can play a sport and the performers can get better at it. Examples of performance equipment include:

- Tennis – a tennis racket
- Football – a football
- Cricket – a cricket bat.

The purpose of performance equipment is to be able to play the game – **not** to keep players safe.



Week 2

Extrinsic Risk Factor 2 continued

Equipment

Clothing is designed for specific sports so performers can play at their best level. Each sport will have a different type of clothing that is needed to perform well. Some sports need clothing to keep player safe.

Examples of sport clothing include:

- Diving – wetsuits
- Rugby – tight shirts can they cannot be pulled or grabbed.



Week 3

Extrinsic Risk Factor 2 continued

Equipment

Footwear is important as each sport needs a different type of footwear to stay safe and so you can perform at the top level.

Examples of sport footwear include:

- Athletics – running spikes to grip the track
- Football – football boots to grip the grass
- Skiing – ski boots to protect your ankle.



Year 8 PE : Topic 1 continued
Title: Extrinsic risk factors

Week 4

Extrinsic Risk Factor 2 continued

Equipment

How can equipment cause an injury ?

Despite equipment being designed to help protect you, help you play or improve. It can potentially cause the performer an injury.

Protective equipment such as a helmet could cause an injury if players collide.

Performance equipment such as a cricket bat could cause an injury if it hits another player.



Week 5

Extrinsic Risk Factor 2 continued

Equipment

How can equipment cause an injury ?

Other ways equipment can cause an injury include:

Clothing – if the clothing does not fit correctly it could rub or be uncomfortable.

Footwear – if the footwear is too small it could rub and cause a blister. If the footwear is too big it will slip off your foot.



Key words:

Extrinsic– outside the performers control.

Performance Equipment - This is needed to play a sport, such as a tennis racket.

Footwear– Sports have specific footwear to play the game – such as football boots.

Clothing– Sports have specific clothing to play the sport and help performance, such as tight rugby shirts to stop players grabbing loose material.

Week 1

Questions	Answers
When is performance equipment used?	To play a sport.
What is the purpose of performance equipment ?	To be able to play a sport – not to keep player safe.
Give an example of a piece of performance equipment?	A tennis racket A cricket bat A football

Week 2

Questions	Answers
Why is specific clothing worn in sports?	So performers can perform to their best level. Some sports need it for safety.
Give an example of sports specific clothing.	Rugby – tight shirts Diving – Wet suits.

Week 3

Questions	Answers
Why is specific footwear needed in sports?	To keep players safe and to perform at their highest level.
Give an example of sports wear used in sport.	Athletics – running spikes to grip the track Football – football boots to grip the grass Skiing – ski boots to protect your ankle.

Year 8 PE : Topic 1 continued Title: Extrinsic risk factors

Week 4

Questions	Answers
How can performance equipment cause an injury in sport?	If a cricket bat hit another player.
How can protective equipment cause an injury in sport?	If someone is wearing a helmet and they collide into someone else.

Week 5

Questions	Answers
How can clothing cause an injury?	If clothing does not fit correctly, it could rub or become uncomfortable.
How can footwear cause an injury in sport?	If the footwear is too big it could fall off. If it is too small, it could rub and cause a blister.

Key words:

Extrinsic– outside the performers control.

Performance Equipment - This is need to play a sport, such as a tennis racket.

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Clothing– Sports have specific clothing to play the sport and help performance, such as tight rugby shirts to stop players grabbing loose material.