

### Play it safe!

#### 1 Pre-reading

What sports do you play? Do you wear protective gear? Tell a partner.

#### 2 Reading

Read the text. Then read the sentences and write *T* (true) or *F* (false).



### PLAY IT SAFE!

Playing sports can be lots of fun, but getting a sports injury is not! There are some important things we need to think about when we're going to do sports.

First, you need to use the correct protective gear. For example, if you are going to go cycling, you need to wear a helmet to protect your head. You also need the correct equipment – a helmet, ice skates, and gloves to play ice hockey. If you practice karate or other contact sports, be sure to ask the instructor about the protective gear you need. If you go skateboarding or rollerblading, you need to wear a helmet, knee pads, elbow pads, and wrist protectors. Do you like sailing? If you practice water sports, you need a life jacket. If you're going to go skydiving, don't forget your parachute!

Another important thing is to warm up before you do sports. It's not a good idea to do sports without stretching first. Again, your instructor or coach can tell you what you need to do.

Finally, you need to drink lots of water when doing sports. When we do sports, we lose water and you don't want to get dehydrated!

Follow these simple tips and do your best to avoid sports injuries and play it safe!



- 1 You need to wear a helmet when cycling.
- 2 You need protective gear to play ice hockey.
- 3 If you go skateboarding, you don't need a helmet.
- 4 If you are going skydiving, you need a life jacket.
- 5 It's important to warm up and drink lots of water when doing sports.

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#### 3 Vocabulary

Complete the chart with the underlined words in the text. Then add three new words to each column. You can visit these websites to help you:

[www.enchantedlearning.com/wordlist/sports](http://www.enchantedlearning.com/wordlist/sports)

[kidshealth.org/kid/watch/out/sport\\_safety.html](http://kidshealth.org/kid/watch/out/sport_safety.html)

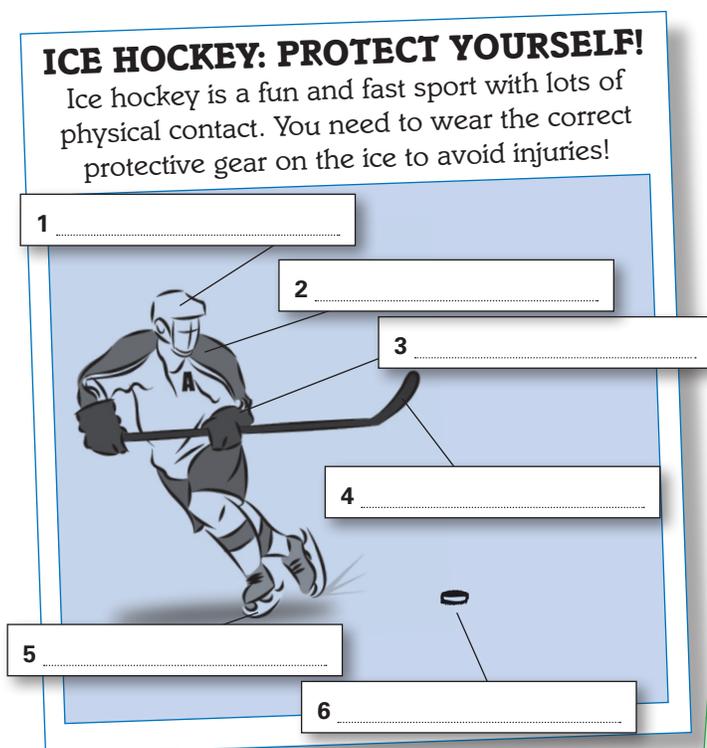
 <b>Equipment</b> 	   <b>Sports</b>  

### 4 Vocabulary

Label the ice hockey equipment with these words. You can use these websites to help you:

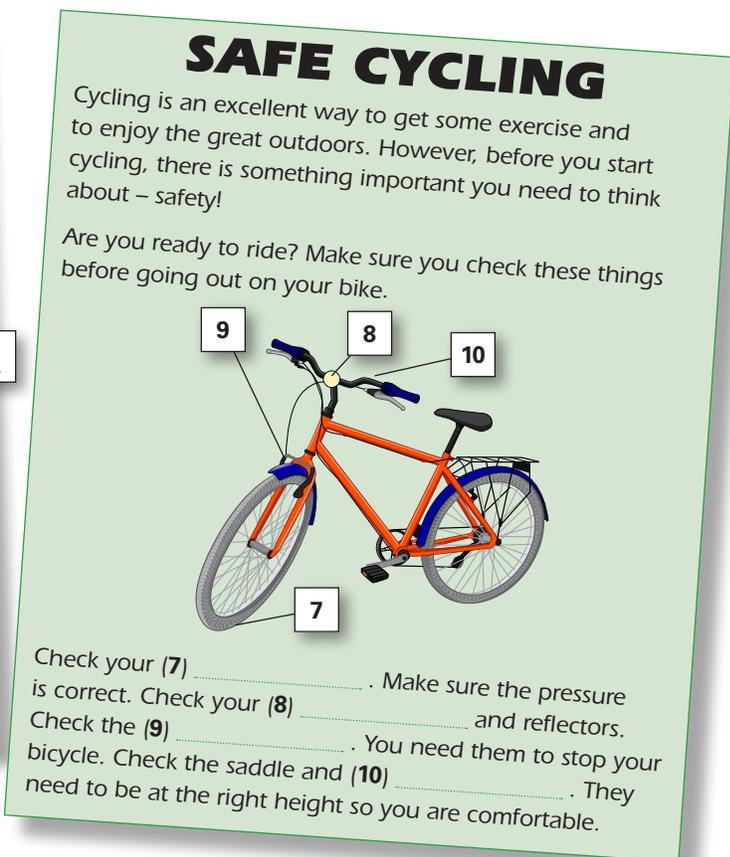
[www.jmuhockey.com](http://www.jmuhockey.com)    [mba.tuck.dartmouth.edu/pages/clubs/hockey/equipment.html](http://mba.tuck.dartmouth.edu/pages/clubs/hockey/equipment.html)    [www.macmillandictionary.com](http://www.macmillandictionary.com)

ice skates    hockey stick    helmet    gloves    shoulder pads    puck



Now complete the cycling poster with the correct words. You can use these websites to help you:

[www.bicyclingforbeginners.org.uk/diagram.htm](http://www.bicyclingforbeginners.org.uk/diagram.htm)    [www.be-safe.org/css\\_com/bicycle/six\\_point\\_check.html](http://www.be-safe.org/css_com/bicycle/six_point_check.html)



### 5 Vocabulary

Match the words/phrases with the descriptions.

- |                    |  |
|--------------------|--|
| 1 helmet with mask | a If these don't work, we can't stop.  |
| 2 ice skates       | b If there is a hole in these, the air gets out and we can't control the bike.                           |
| 3 gloves           | c This helps cars to see us in the dark.   |
| 4 hockey stick     | d These protect the area between the tops of our arms and our neck.                                      |
| 5 shoulder pads    | e This protects our head and face.   |
| 6 light            | f This needs to be the right length and weight for our body size. We use it to move the puck on the ice. |
| 7 tires            | g These protect our feet and ankles. They need to be the right size.                                     |
|                    | h These protect our hands.   |

### 6 Project

Make a sports safety poster. Follow these steps:

- Work in groups of three or four.
- Choose a sport.
- Find out which protective gear/safety checks are important for this sport.
- Make your poster (including text and illustrations) and present it to the class.

You can use these websites to help you:

[www.nmm.ac.uk/sailsafe](http://www.nmm.ac.uk/sailsafe)  
[kidshealth.org/teen/food\\_fitness/exercise/sport\\_safety.html](http://kidshealth.org/teen/food_fitness/exercise/sport_safety.html)  
[www.safeny.ny.gov/Kids/kid-bike.htm](http://www.safeny.ny.gov/Kids/kid-bike.htm)