

# RISK ASSESSMENT – TASK 2

<b>CANDIDATE NAME:</b>				
<b>SPORTING ENVIRONMENT:</b>			Astro Turf / Sports Hall	
<b>Had some tutor support</b>		<b>Had little tutor support</b>		<b>Produced independently</b>
<b>STEP 1</b> Identify significant hazards below	<b>STEP 2</b> State the severity of the hazard (high, low, medium)	<b>STEP 3</b> State the probability of the hazard occurring (high, low, medium)	<b>STEP 4</b> List the people who are at risk from the hazards you have identified	<b>STEP 5</b> List what could be done to reduce the risks. Note any action that you think is needed
Pupils shoe laces untied	Low	Medium	Pupils	As we enter the astro-turf I will be at the gate entrance and I will check if all shoes are tied properly and tightly. If I see their shoe laces are untied then I will stop the play and allow them time to tie their shoes or I will bring them off to the side and let the game resume to stop them interfering with the play and to also keep them safe from colliding with any balls or people.
Frozen pitch	High	Low	Pupils, Staff, Audience, Supervisors	Before the pupils go out I will check if the pitch is frozen at all and if the pitch is iced out and slippery then the session will be moved indoors as the pitch is unsuitable to play on, if I check the pitch and it is just lightly frozen and poses no additional danger then the session will go on but everyone must have suitable footwear with some grip and ankle support or they cannot participate.
Equipment faults (Before the session)	Medium	Medium	Pupils	Checks will always be done on equipment before and after use to ensure maximum safety for the pupils. Any equipment with faults will be replaced and not used again during the session, Anything with high probabilities of injury such as a faulty goal post will not be used at all during the session and may even cause the session to move completely as it causes such a bigger danger than a football as the goal is not easily fixed or replaced quickly.

Wet ground (outdoors)	Medium	Medium	Pupils	<p>Before the session starts I will go and check on the pitch to see how bad or how little rain is interfering with the session plan, depending on the amount of wetness and the area it covers a session can still go on and pupils will be warned about certain areas on the pitch, if the whole pitch is flooded then we will move inside as the pupils are at risk if they play on the outside surface. No action can be taken to stop the flooding of a pitch. If it is still fit to play on but the original area used for my drill becomes unsafe due to the amount of water now coming in I will try use other safe parts of the astro-turf to keep the session going.</p>
Wet floor (indoors)	Medium	Low	Pupils, Supervisors	<p>Water on the inside of the sports hall can be soaked up using a dry mop or towel, this can enable the session to still run and everyone will be notified of the area if it is still slippery by using a sign, if it is on the pitch it will be thoroughly dried as a sign will interfere with play. If it is a person who caused the spill then everyone will be asked to have food and drink outside of the venue or far away from the pitch to ensure safety. If water is spilled during the session I will immediately stop any activities in the neighbouring area and still allow activities to run if they are away from the wet area, then I will soak up the water make sure its dry and let play continue.</p>
Goal posts in the wrong spot	Medium	Low	Pupils	<p>If the goal posts are in the wrong spot, then I will ask the pupils to move them back in the correct way. I will ask for 4 to each goal and using the support system attached with the goals on the astro there is no need to lift it up it only requires 1 person on each side lifting the wheel lever up and then the 4 people can push it safely to its spot and release the lever. 1 person on each post holding tightly with both hands and pushing the goal at a steady pace as if your pushing a car.</p>

Sharp objects and litter on the pitch	High	Medium	Pupils	The astro has gates all away around and are locked each night, however if someone has hired out the astro and left litter or sharp objects on the pitch then that can cause injuries to pupils. To prevent this I will do a check and walk across the area we are playing and check for any objects , if it is clean we will play and warm up, if it's not I will sort it by picking the litter up or sweeping up any sharp objects to prevent any cuts on my hands and depending on what it is I may contact a teacher.
Equipment(Left out from a previous session)	Medium	Medium	Pupils	This problem can be resolved very easily as most equipment is easily seen so removing it will be easy to do, all equipment will be picked up safely using the correct positions and depending on how heavy or dangerous the equipment is then 2 or more people will take care of it. If it is left out and not put away you are almost likely to run into it at some point throughout the session so it is key to remove it at the start so checks are vital beforehand.
Equipment faults (During the session)	Vary on what becomes faulty but Medium	Vary on what becomes faulty but Medium	Pupils	If it is a football that becomes deflated, then a replacement is easily accessible and quickly dispensable but if it is a goal post then the issues will rise in both severity and likelihood of causing an injury. Checks will always be done on equipment before and after use to ensure maximum safety for the pupils. All faulty equipment will be safely removed and then the session can continue. Anything with high probabilities of injury such as a faulty goal post will not be used at all during the session and may even cause the session to move completely as it causes such a danger.
Bad weather	Medium	Medium	Pupils, Staff, Supervisors, Audience	If the weather isn't very harsh then the area it covers will be left and the session can still go on and pupils will be warned about certain areas on the pitch, if the whole pitch is flooded or exposed to harshly to the weather conditions then we will move inside as the pupils are at risk if they play on the outside surface which such harsh conditions. If the weather becomes worse during the session and causes the lesson to be unteachable in then we will also move indoors as cones and balls will just become uncontrollable defeating the purpose of the session.

Incorrect clothing and footwear/jewellery	Medium	High	Pupils	Everyone is asked to remove all jewellery from themselves as it poses an additional risk which can cause unnecessary injury as you don't need to wear it in the first place. All pupils are required to wear a school PE kit which uses the right materials and right sizes and tightness for a multitude of activities. Depending on the surface you play on, your footwear has to meet certain requirements which make it fit to play e.g. Astro's/ Trainers with enough ankle support and grip to play on the astro. If a pupil has no kit then some will be provided but due to the pandemic they cannot borrow kit so they have to become an extra supervisor.
Drinks/Water bottles brought to the session	Low	Medium	Pupils, Supervisors	Bottles and drinks brought to the game should all have lids to prevent there being spillages throughout the game, everyone who brings drinks will be asked to put them in a safe location away from the area that is used for play in order to keep everyone safe. However if they are not on the pitch they still need to be out of the supervisors way as they will need to move around also to give feedback and see every possible angle of play so the bottles need to be spaced away from them also.
Torn surface/Chipped and splints	High	Medium	Pupils	If they surface is torn up or dysfunctional in areas, then it can become a very serious problem. In football players can reach quite fast speeds whilst travelling with the ball or when advancing up the pitch so any inconvenience can cause them to loose balance and fall, these falls can vary in severity but are normally not good falls if is too due to faulty pitches. If we are indoors then the surface will be chipped rather than torn up and these fragments can piece skin and cause very serious injuries. Checks of the pitch will be done before the game. To reduce the risk I will check to make sure all footwear is appropriate and will not tarnish the pitch.

Emergency Procedures

First Aid

<p><b><u>First Aid- Major incidents</u></b> If a major emergency occurs such as the breaking of a leg or arm you would need to walk over and check they are okay, talk to a member of staff and they can get in touch with the emergency services.</p>	<p>Make sure all the other participants are safely away and give the injured person some room.</p>	<p>All issues will be dealt with by medical staff and they have the needed equipment. Parents will be informed with what has happened and a formal accident form will be filled in.</p>
<p><b><u>First Aid- Minor incidents</u></b> If a minor injury occurs such as getting hit with a ball in the face, depending on how bad the injury is they may resume playing or sit out and collect a tissue. If it is slightly worse than they expected they will be sent by the teacher to the medical room or the teacher may handle it.</p>	<p>Make sure all the other participants are safely away and give the injured person some room.</p>	<p>All issues will be dealt with by medical staff and they have the needed equipment or the person can handle it themselves and continue.</p>
<p><b><u>First Aid- Minor incidents</u></b> If a minor injury occurs such as someone having an asthma attack they will be asked to get their inhaler. They should know how to use their inhaler independently All pupils will be asked if they have a medical condition and asked to also bring out any medication or medical equipment with them e.g. inhaler.</p>	<p>Make sure all the other participants are safely away and give the injured person some room. They should bring out their inhaler with them.</p>	<p>All issues will be dealt with by medical staff and they have the needed equipment or the person can handle it themselves and continue.</p>

Fire alarm


<p><b><u>Fire Alarm</u></b> It is essential that everyone remains calm and immediately stops whatever task they were doing and line up in a single filed line. They will be asked to remain silent and follow the teacher to the set destination for fire emergencies.</p>	<p>Single filed line and silently walking to the fire meet up spot which then they will have a register taken so we know everyone is accounted for and safe.</p>	<p>Register will be will staff members and all equipment is left out on the pitch not to be collected.</p>
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Lockdown

<p><b><u>Lockdown</u></b> In the case of a lockdown, being calm is vital, immediate stoppage of activities will occur and the participants will line up in single file and head to the nearest building which in this case will be the indoor sports block, all doors will be locked and covers will be placed over the windows.</p>	<p>Single filed line into the nearest building and all will go into the most hidden corner which in this case will be the back left of the PE block if you were entering from the changing room corridors.</p>	<p>Paper to cover all windows will be provided already.</p>
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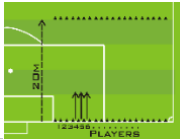
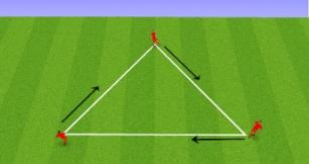
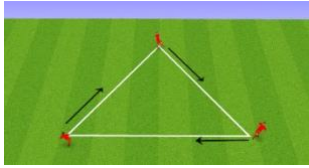

Facility- If the facility we want to use is unavailable due to conditions of weather or other people are occupying it, then as first back-up the PE sports hall will be used and my sizes of activities will be downsized but still have the same techniques incorporated. If the sports hall isn't available, then the field will be my second back up. All pupils will be notified and advised to bring both boots and trainers just in case this occurs. The weather forecast will be checked prior also. All equipment will be checked before the session and all faulty equipment will be dealt with by either swapping or removing. The facility will be checked other for factors such as litter, weather or pitch imperfections.

# SPORTS ACTIVITY SESSION PLAN – TASK 2

<b>CANDIDATE NAME:</b>					
<b>ACTIVITY:</b>		Football- Passing and dribbling			
<b>NO OF PARTICIPANTS:</b>	14	<b>AGE RANGE:</b>	15-16	<b>ABILITY LEVEL</b>	Mixed
<b>VENUE</b>		Astro-turf Contingency= Sports hall			
<b>SUPERVISION NEEDS FOR SESSION</b>					
<b>OBJECTIVES FOR THE SESSION</b>		To complete a passing drill and the adapted version and to complete a team game.			
<b>EMERGENCY PROCEDURES</b>		See further down			
<b>SOME PROMPTING FROM THE TEACHER</b>		<b>LITTLE PROMPTING FROM THE TEACHER</b>		<b>PRODUCED INDEPENDENTLY</b>	
<b>TIME</b>	<b>ACTIVITY</b>	<b>MAIN TEACHING POINTS</b>	<b>ORGANISATION</b>	<b>RESOURCES/EQUIPMENT</b>	
10 minutes	<p>(Introduction/warm up)</p> <p><b>1<sup>st</sup> stage- Pulse raiser(Jogging)</b>            Slow exercises that increase the heart rate and gradually increase body temperature.</p> <p><b>2<sup>nd</sup> stage- Mobility (Heel flicks, high knees, open and close gates, arm/leg swings)</b>            Exercises that take the joints through their full range of movement.</p>	<p>Slow steady jog to get the body warmed up, not a sprint.</p> <p>Heel flicks- Hands behind your back with your hands on your gluteus, palm facing outwards. The heel of your foot should make contact with your palm</p>	<p>Stand spaced out on the line (green cones) and jog to the other line (red cones) and repeat twice. I will be facing the pupils whilst giving the directions.</p>  <p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p>	<p>10 green cones 10 red cones</p> <p>Using the same line as pulse raiser</p>	

	<p>High knees</p> <p>Open/close gates</p>	<p>- Your knees should be reaching above your waist each time you raise them.</p> <p>- Start off with opening gates with your knee raised and turning the joint outwards. Then closing the gates will be the same but bringing the knee inwards.</p>	<p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p> <p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p> 	<p>Using the same line as pulse raiser</p> <p>Using the same line as pulse raiser</p>
	<p>Arm/leg swings</p>	<p>- For arms just have a constant swing and change direction. For legs have your arm straight in front of you and try connect your foot with your hand.</p>	<p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p>	<p>Using the same line as the pulse raiser</p>
	<p><u>3<sup>rd</sup> stage- Stretching (Development stretches, static stretches and dynamic stretches)</u></p> <p>Gradually increasing in difficulty, ballistic movements, stretches that your body stays still.</p>	<p><u>Lunges-</u> Knees at 90-degree angle and going lower into the stretch for approx. 5 seconds</p> <p><u>Sitting stretch-</u> One leg straight in front and the other leg behind it bent as if you are sitting down</p>	<p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p> <p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p>	<p>Using the same line as pulse raiser</p> <p>Using same line as pulse raiser</p>
	<p>Teapot stretch</p>	<p>- Legs shoulder width apart, one arm down to your side and the other is above your head and you tilt to either side and hold the position</p>	<p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p>	<p>Using same line as pulse raiser</p>



	<p><b><u>4<sup>th</sup> stage- Dynamic movements (Jog turn direction and then sprint)</u></b>          This involves movements that show a change in direction and speed. Shuttle runs.</p>	<p><b><u>Shuttle runs-</u></b> Jog to a certain spot then turn and sprint. Light jog and on my command “sprint” turn back the way you were facing and sprint in one fluid motion.</p>	<p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p> 	<p>Using the same line as pulse raiser</p>
	<p><b><u>5<sup>th</sup> stage- Skill rehearsal</u></b>          This involves practicing or rehearsing common patterns and skills that will be used in the activity e.g. dribbling in football. Allocated cones will be set up and using a demonstration I will show what task will be done and we will start off with basics</p>	<p><b><u>Passing drill-</u></b> Each player stands on a cone and it is a simple passing drill, receive back foot side on and play the ball to the teammate who didn't pass you the ball. To pass the ball use the inside of your preferred foot with medium power keeping the ball on the floor and following through with a swing.</p>	<p>Stand spaced out on the line (green cones) and jog to the other line (red cones). 3 groups of 3 and 1 group of 4.</p> 	<p>13 cones of different colours will be set out in shapes          3 green, 3 red          3 white, 4 blue</p>
<p>15 minutes</p>	<p><b><u>Drill 1- Passing and receiving</u></b>          Each person will be allocated to a cone and will perform the same drill and when comfortable can try challenge themselves with and adaptation. Everyone will be side on just spaced off from the cone and will receive the ball on their back foot and play out to the next person on the cone, they pass the ball to the person who didn't feed them the ball.</p> <p><b><u>Drill 1- Adaption</u></b>          Team up with another coloured team and start to incorporate passing receiving and moving. The same formation as before just with extra people and now passing the ball running half way receiving the ball again and passing to the side of the cone for the person to receive and repeat for the person to the left of themselves.</p>	<p>To pass the ball correctly and most accurately and efficiently, use the inside of your strongest foot and follow your foot through the ball to get enough speed and direction. Always create an angle with your body to be revived with your back foot to maintain control of the ball.</p> <p>You pass the ball to the person clockwise of you, whilst they are controlling the ball you need to run half way between where you started and where the person with the ball is and then you need to prepare for the 1-2, when they have received the ball for the second time you join the back of their line.</p>	<p>Stand on a given cone space.</p>  <p>Stars= Players          Blue lines= Pass          Orange lines= Return pass          Red lines = Player run</p> <p>3 group of 3 and 1 group of 4.</p> 	<p>13 cones of different colours will be set out in shapes          3 green, 3 red          3 white, 4 blue</p>

10  
minutes

**Drill 2-** Dribbling, passing and receiving  
Team game, each team will be split evenly then 1 player from each team will have a 1v1 race that involves previous skills used and a new element of dribbling.

Each team will line up behind a cone then dribble through some more cones where they will meet 3 balls, they will have to pass a 1-2 to their teammate who is stood between a gate, there will be 3 gates to do so then everyone rotates roles.

**Drill 2 Progression-** Reduce the area of the dribbling cones to make it harder, Reduce the size of the 1-2 gate width, increase the distance of the passes. All depends on what the group thinks to easy or fine as it is. To do this activity I will demonstrate it in a slow, walkthrough pace and will answer any questions but also ask questions to some pupils to see if they do understand.

10  
minutes

**Game-** The game will consist of a dribble through cones, then quick side steps through some more and running into a small area where you have to pass between the goal space. If you hit any cones you restart.

If it becomes too difficult I may change the cone space and reduce the space between the goals.

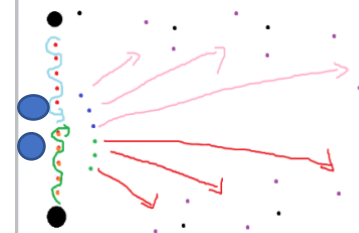
**How to complete the drill:**

1- Dribble through the cones using both the inside and outside of your feet and keeping the ball controlled and steady, light touches are key.  
2- To pass the ball correctly and most accurately and efficiently, use the inside of your strongest foot and follow your foot through the ball to get enough speed and direction. Always create an angle with your body to receive with your back foot to maintain control of the ball.

Using the same technique as used previously but this time making you work harder by smaller spaces, making your touch better and creating less room for error, passing still works the same pass with the inside and follow through with your swing but keeping the ball on the ground.

Small touches with the inside or outside of your boot depending on which fits you, go at your own pace and make sure you don't make contact with the cones, stop the ball and pass back to your team using the knowledge of passing you learnt before and then side step through cones and pass or shoot the ball between the cones into the net, the team with the most balls in the net before the time runs out wins.

Black circle= Starting points  
Red dot = Team 1 dribble path  
Orange dot= Team 2 dribble path  
Blue dots= Team 1's footballs  
Green dot= Team 2's footballs  
Purple dots= Both team's gates  
Pink line= Team 1 pass line  
Red line= Team 2 pass line  
Black dots= The receivers  
Blue squiggle= Team 1's movement  
Green squiggle- Team 2's movement  
Big blue circles= Pass to line



RED= Team 1  
Blue = Team 2

Group size no more than 8 each

18 pointy cones  
8 balls  
8 blue cones  
8 red cones  
3 green cones  
3 yellow cones

7 red cones  
7 blue cones  
10 flat or pointy cones  
4 orange pointy cones  
2 balls needed but I will bring 8 for spares.

**How to pass:**

**To pass the ball correctly and most accurately and efficiently, use the inside of your strongest foot and follow your foot through the ball to get enough speed and direction. Always create an angle with your body to receive with your back foot to maintain control of the ball. You have your other foot standing to the side of the ball and your weight over the ball also. Make sure your head is looking up so you know which direction it is and depending on how much power, distance and speed you need follow through stronger or weaker, you can also hit the ball at different parts for different affects such as backspin or curve. Your weight distribution plays a factor and to maintain balance you can even hold your arm out loosely if it helps.**



<p>5 minutes</p>	<p><b><u>Cool-down</u></b>  <b><u>Stage 1- Low intensity exercise (Light jog or easy walk)</u></b>          To tackle lactic acid, you do cool downs after each training session or game.</p> <p><b><u>Stage 2- Stretching (Quad stretch, sit-in stretch, teapot stretch, ankle rolls, Arm over shoulder)</u></b>          All stretches should be held for around 5 seconds then to be switched onto the other side and repeat.</p> <p><b><u>Quad stretch-</u></b></p> <p><b><u>Sit-in stretch-</u></b></p> <p><b><u>Teapot stretch-</u></b></p> <p><b><u>Ankle roll-</u></b></p>	<p>A light jog includes elbows in by your chest but not touching, they should be loose with a light swing and steady pace with the legs. This is not a fast jog or a sprint.</p> <p>- Just like heel flicks but you're holding the leg in place and staying stationary</p> <p>- One leg straight in front the other bent as if you are sitting down</p> <p>- Legs shoulder width apart arm by your side the other in the air and tilting to your side and holding position</p> <p>- Feet pointed to the ground and roll your foot.</p>	<p>Stand spaced out on the line (green cones) and jog to the other line (red cones)</p>	<p>Using same line as pulse raiser</p>
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	<p><b><u>Arm over shoulder-</u></b></p> <p><b><u>Emergency procedures (First Aid, Fire Alarm, Lockdown)</u></b>  <b>In case of emergencies occurring, you need to know how to react.</b></p>	<p><b>- Have your arm touching the shoulder blade on the same side and use your other arm to gently push your arm back.</b></p> <p><b><u>First Aid- Major incidents</u></b>  <b>If a major emergency occurs such as the breaking of a leg or arm you would need to walk over and check they are okay, talk to a member of staff and they can get in touch with the emergency services.</b></p> <p><b><u>First Aid- Minor incidents</u></b>  <b>If a minor injury occurs such as getting hit with a ball in the face, depending on how bad the injury is they may resume playing or sit out and collect a tissue. If it is slightly worse than they expected they will be sent by the teacher to the medical room or the teacher may handle it.</b></p> <p><b><u>First Aid- Minor incidents</u></b>  <b>If a minor injury occurs such as someone having an asthma attack they will be asked to get their inhaler. They should know how to use their inhaler independently</b></p> <p><b><u>Fire Alarm</u></b>  <b>It is essential that everyone remains calm and immediately stops whatever task they were doing and line up in a single filed line. They will be asked to remain silent and follow the teacher to the set destination for fire emergencies.</b></p>	<p><b>Make sure all the other participants are safely away and give the injured person some room.</b></p> <p><b>Make sure all the other participants are safely away and give the injured person some room.</b></p> <p><b>Make sure all the other participants are safely away and give the injured person some room. They should bring out their inhaler with them.</b></p> <p><b>Single filed line and silently walking to the fire meet up spot which then they will have a register taken so we know everyone is accounted for and safe.</b></p>	<p><b>All issues will be dealt with by medical staff and they have the needed equipment.</b></p> <p><b>All issues will be dealt with by medical staff and they have the needed equipment or the person can handle it themselves and continue.</b></p> <p><b>All issues will be dealt with by medical staff and they have the needed equipment or the person can handle it themselves and continue.</b></p> <p><b>Register will be will staff members and all equipment is left out on the pitch not to be collected.</b></p>
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		<p><b><u>Lockdown</u></b>  <b>In the case of a lockdown, being calm is vital, immediate stoppage of activities will occur and the participants will line up in single file and head to the nearest building which in this case will be the indoor sports block, all doors will be locked and covers will be placed over the windows.</b></p>	<p><b>Single filed line into the nearest building and all will go into the most hidden corner which in this case will be the back left of the PE block if you were entering from the changing room corridors.</b></p>	<p><b>Paper to cover all windows will be provided already.</b></p>
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**Considerations**

**Time to get dressed Approx. 5 minutes before and 5 minutes after session so 10 minutes, time for everyone to listen and focus, warm up times, if people are off, if they have no kit. Equipment issues, adaptation time, emergency scenarios, venue, objectives for the session and how many people are there. If the drills are too easy or too hard I will utilize the equipment I have to add extra difficulty or to take some away or make it a lot easier. Also for beginners I will show a demonstrate how to pass and what the warm ups are to help them understand the game and help them make it easier to participate in the drills. I will also hover between groups to ensure that they are comfortable and are getting on well. I will use the large astro-turf to my advantage by creating drills spaced apart to avoid confusion and making it simple to understand for all abilities.**

**Pupils with no kit or injuries before session**

**If a person has no kit or injured, then they still can be involved in some way shape or form. For example, I may ask them to be an *Addition leader*, this means they can do task such as shouting out switch for them to change direction, watching over a group whilst I'm helping another or even contacting staff in case of emergencies or counting scores and equipment after the session.**

**Pulse raiser line**



