

## Dancetrain Professional Learning Activity

Dancetrain Issue: **JulAug2020 BODYWISE – Ankle Sprains p48,49**

Activity Name:	<b>Ankle Injury prevention and rehabilitation</b>	Activity Type:	<b>Self-reflection</b>
Accreditation Level:	<b>Proficient, Highly Accomplished &amp; Lead</b>	Duration:	<b>2 hr</b>
Teaching Standards:	1.1.2 Use teaching strategies based on knowledge of students' physical, social and intellectual development and characteristics to improve student learning	4.1.2 Establish and implement inclusive and positive interactions to engage and support all students in classroom activities.	
	4.4.2 Ensure students' wellbeing and safety within school by implementing school and/ or system, curriculum and legislative requirements.	7.4.2 Participate in professional and community networks and forums to broaden knowledge and improve practice.	
How did this activity address the Standard Descriptor/s?	<b>Teachers reflect on the frequency of ankle injuries occurring in their students. They develop a survey to gather information on trends and work with Physiotherapists to support students' ankle strength.</b>		

### **Task**

1. Read both articles **BODYWISE – Ankle Sprain article on p48, 49**
2. Review and identify the frequency of students experiencing ankle injuries throughout the year.
3. Set some key questions you would like answered regarding these students' injuries. You may consider:
  - How did you sustain this injury?
  - Time of day of the injury?
  - Were you fatigued?
  - Have you had a prior ankle injury?
  - What style of dance do you train in outside of school?
  - Have you seen a physio of this injury? If so, which physio did you visit?
  - Have you been given rehabilitation exercises?
4. Once you have developed your survey, have students complete it anonymously and analyse the data you have collected. Try to identify trends or common responses.
5. If students indicate they have been given rehabilitation exercises, ask them for a copy of their program and keep a copy in your classroom, to allow students to complete these exercises when needed.

6. Make contact with your local reputable physiotherapists. Ask them what equipment you could invest in to support ankle stability and if they may be willing to visit your classes to discuss ankle injuries with students.
7. Develop a series of ankle stability exercises that students can do if they are experiencing or recovering from injury. Keep this hand in your classroom.