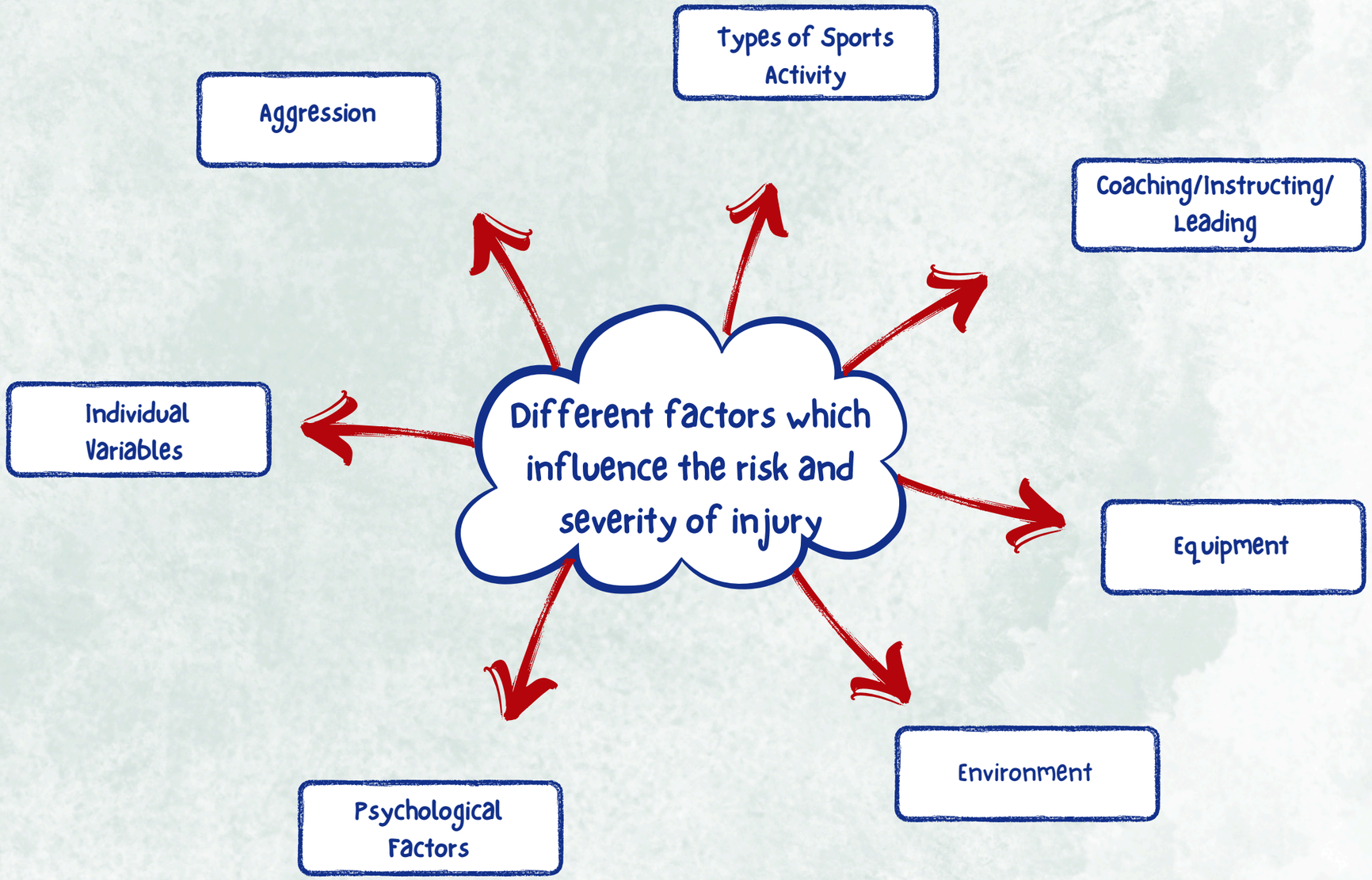
The PE Classroom

Revision Mindmap



The PE Classroom

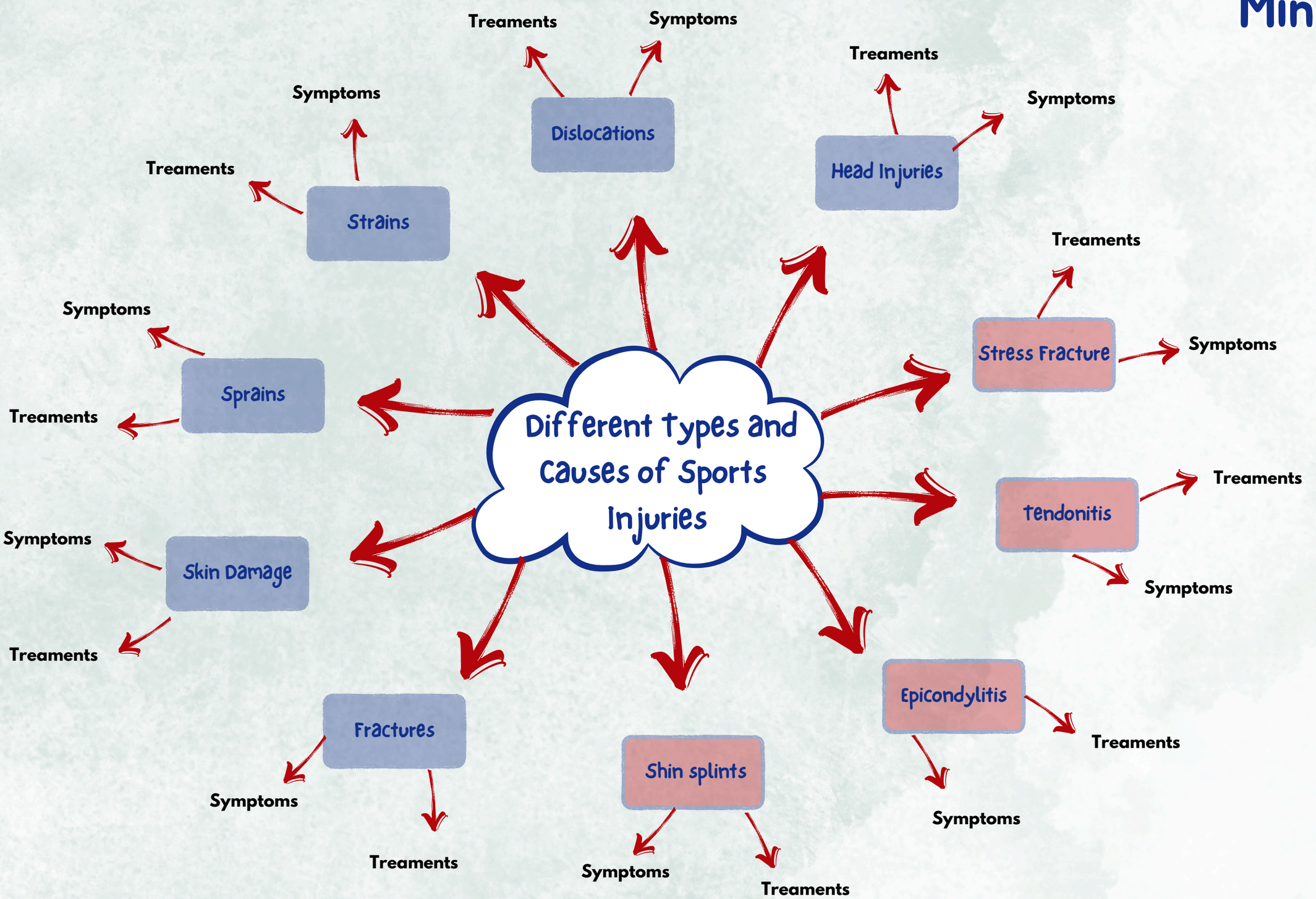
Revision Mindmap

Warm up and Cool Down Routines

- Components of a Cool Down
  - Physiological Benefits
  - Psychological Benefits
- Components of a Warm Up
  - Physiological Benefits
  - Psychological Benefits

The PE Classroom

Revision Mindmap



Acute Injuries

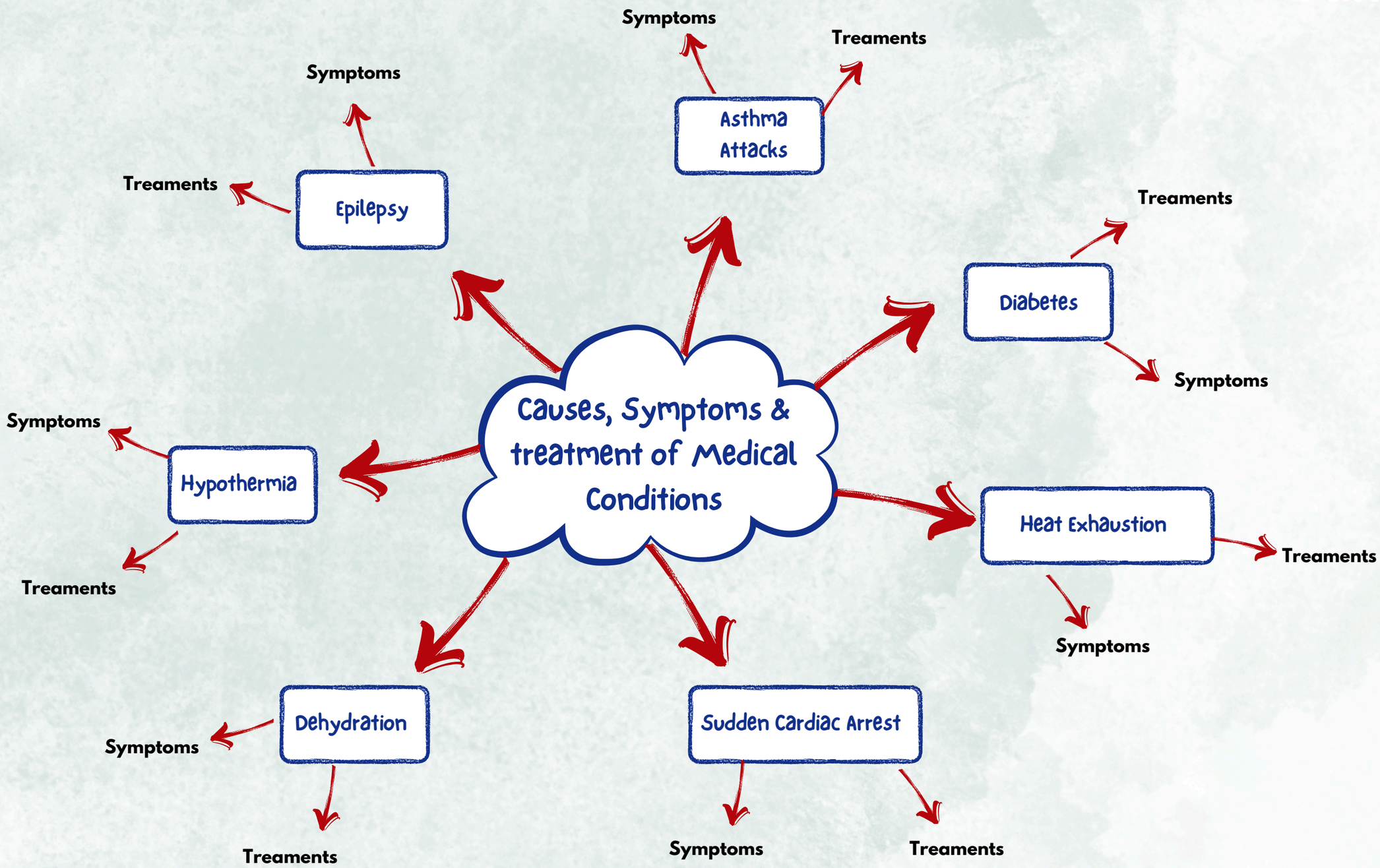
Chronic Injuries

The PE Classroom

Revision Mindmap

Treatment and Rehabilitation of Sports Injuries

- Emergency Action Plans
- SALTAPS On Field Assessment
- PRICE therapy
- DRABC
- treatments/therapies

The PE Classroom

Revision Mindmap