



## Grade 8 Sample Lesson Plan: Concussions

### **Description**


Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

The next page includes a handout for the lesson.


# Concussions


- 1.n Assess the health consequences of injuries, and identify leading injury-prevention measures.
- 2.a Identify brain and nervous system disorders.
- 2.b Describe ways to maintain brain and nervous system health.
- 3.a Design strategies to protect and promote brain and nervous system health.

	Link
 <p>What are the signs and symptoms of a concussion?</p> <p>How can I protect myself from a concussion?</p>	<p>What do you know about concussions? Take the KidsHealth.org Concussion quiz at <a href="http://kidshealth.org/en/teens/concussions-quiz.html?WT.ac=t-ra">http://kidshealth.org/en/teens/concussions-quiz.html?WT.ac=t-ra</a></p> <p>Record your score:</p> <p>There is attention in the news about concussions and the degenerative brain disease, Chronic Traumatic Encephalopathy (CTE). CTE has been found in athletes, military veterans, and others with a history of repetitive brain trauma. Most people diagnosed with CTE suffered hundreds or thousands of head impacts over many years. The Concussion Legacy Foundation (<a href="https://concussionfoundation.org/CTE-resources/what-is-CTE">https://concussionfoundation.org/CTE-resources/what-is-CTE</a>) reports that , “athletes who begin playing contact sports at younger ages are at greater risk for CTE. Several published studies show that exposure to head impacts before age 12 is associated with worse outcomes than starting after age 12.” Parents are trying to decide what is the safest choice for their children when it comes to participating in sports.</p> <p>In this lesson, you will have the opportunity to understand what a concussion is, how it affects people, and ways to protect yourself.</p>

	Explore
	<p>Read the KidsHealth.org article, Sports and Concussions at <a href="http://kidshealth.org/en/teens/concussions-sports.html?WT.ac=en-t-concussionsctr-c#catbrain-nervous">http://kidshealth.org/en/teens/concussions-sports.html?WT.ac=en-t-concussionsctr-c#catbrain-nervous</a></p> <p>Read the Centers for Disease Control and Prevention article, What is a Concussion? <a href="https://www.cdc.gov/headsup/basics/concussion_what.html">https://www.cdc.gov/headsup/basics/concussion_what.html</a></p> <p>Summarize what a concussion is and how it can occur:</p> <p>List the signs that someone may have a concussion:</p> <p>Read the Centers for Disease Control and Prevention article, Recovery from Concussion at <a href="https://www.cdc.gov/headsup/basics/concussion_recovery.html">https://www.cdc.gov/headsup/basics/concussion_recovery.html</a></p>

	Summarize the steps to recovery:
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	<b>Apply</b>
	<p>Select a sport or activity to create a one -page information sheet to prevent or reduce the possibility of a concussion occurring or create a one - page information sheet about what to do if a concussion occurs. Your audience may be parents or students. These resources have examples that may be helpful:</p> <p>HEADS UP Playground Safety Tips for Parents <a href="https://www.cdc.gov/headsup/parents/index.html">https://www.cdc.gov/headsup/parents/index.html</a></p> <p>Helmet Facts Sheets for different activities <a href="https://www.cdc.gov/headsup/helmets/index.html">https://www.cdc.gov/headsup/helmets/index.html</a></p> <p>Information page may be written on a separate sheet of paper or created electronically in a Google Doc. If a Google Doc is created, remember to share it with your teacher.</p>

	<b>Reflect</b>
	<p>As stated earlier, parents are thinking about what is the safest choice for their children when it comes to participating in sports or activities that may put their child at risk for concussions. What is your advice to parents?</p> <p>Write a one paragraph re sponse.</p> <p>Dear Parent,</p>