

Activity Bank

for primary school education

20 activities to help keep kids safe.



MOTOR ACCIDENT INSURANCE COMMISSION

Spinal Injuries Australia would like to thank the Motor Accident Insurance Commission (MAIC) for funding these resources.

Focus

There is no cure for a spinal cord injury. Once the spinal cord is damaged it cannot be repaired, and can result in quadriplegia or paraplegia. This Activity Bank provides educational experiences that will arm young people with the tools needed to think about the potential consequences of risky behaviour. A split-second decision, such as diving into water without checking its depth, can lead to permanent disability. These activities are designed to reinforce the SEAT program's safety messages and inspire your students to enjoy life while staying safe.

Statistics

Young people are most likely to sustain a traumatic spinal cord injury, which is why educating them about how to stay safe is so important.

- In Queensland, around 90 spinal cord injuries (SCIs) are sustained every year.
- Most SCIs happen to people under the age of 35.
- More than 70% of SCIs are sustained by men.
- The main causes of traumatic SCIs are road trauma, falls, and water-related accidents.
- In 2010–11, 40% of SCIs resulted in quadriplegia, and 60% in paraplegia.

Source: Princess Alexandra Hospital Spinal Injuries Unit 2012.

- More than 10,000 people in Australia have an SCI; this number increases by around 400 each year.

Source: Spinal Cord Injury Network 2011.

- The lifetime cost of paraplegia is estimated to be \$5 million per person.
- The lifetime cost of quadriplegia is estimated to be \$9.5 million per person.
- The total cost of SCI in Australia is estimated to be \$2 billion annually.

Source: Access Economics 2009.



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Introduction

About SEAT

SEAT is an award-winning injury prevention program which has been presented in Queensland schools since 1987. The program is accredited by Education Queensland and has reached more than 1.7 million children state-wide since its inception.

SEAT is proudly sponsored by the Queensland Government and the Motor Accident Insurance Commission (MAIC).

All our volunteer presenters have sustained spinal cord injuries and are passionate safety advocates. Every year the team visits around 80,000 students at primary and secondary schools throughout Queensland.

Presentations are suitable for all year levels from Prep to Year 12. Each presentation is 40 minutes in duration (or 30 minutes for Prep to Year Three).

Further information

Further information about the SEAT program is available on the website at: www.spinal.com.au/seat-at-schools/.

How you can help

In southern areas of Queensland, SEAT is fully funded by the Queensland Government and the Motor Accident Insurance Commission and can be offered free to schools.

In North and Central Queensland, we are still looking for sponsors to support the delivery of the program. People living in rural and remote areas are much more likely to sustain a traumatic spinal cord injury*, which is why it's so important that we raise the funds necessary to visit young people in these regions.

If your school would like to raise some money for SEAT, please contact the Manager - Injury Prevention Programs on 07 3391 2044 or seat@spinal.com.au.

*(Australian Institute of Health and Welfare. Norton L 2010. Spinal cord injury, Australia 2007-08. Canberra)



Teacher information

Using the Activity Bank

This resource provides an initial set of activities for teachers to develop awareness of spinal cord safety among students in primary school. Please note that these activities do not cover all contexts and situations in which spinal cord injury can occur.

Activities are:

- linked to the content descriptions of the Australian Curriculum: Health and Physical Education
- based on existing educational resources provided by the SEAT program
- based on the common interests and behaviours of primary school aged students.

This resource is structured on the primary school year level junctures of end of Foundation, Year 2, Year 4 and Year 6.

Specialised knowledge

These activities do not require teachers to have specialised knowledge in spinal anatomy, awareness or injury prevention. When students ask questions that require expert knowledge, please forward them to the Manager – Injury Prevention Programs on seat@spinal.com.au or call (07) 3391 2044, and we will respond as soon as we can.

Curriculum alignment

These activities provide opportunities for teachers to address the following content descriptions from the Australian Curriculum: Health and Physical Education:

Foundation Year (Preparatory Year)

- Name parts of the body and describe how their body is growing and changing.
- Identify actions that promote health, safety and wellbeing.

Years 1–2

- Recognise situations and opportunities to promote health, safety and wellbeing.
- Explore actions that help make the classroom a healthy, safe and active place.

Years 3–4

- Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe.
- Describe strategies to make the classroom and playground healthy, safe and active spaces.

Years 5–6

Investigate community resources and strategies to seek help about health, safety and wellbeing. Plan and practise strategies to promote health, safety and wellbeing.

PLEASE emphasise spinal cord safety when using ALL of these activities.

Foundation to Year 2



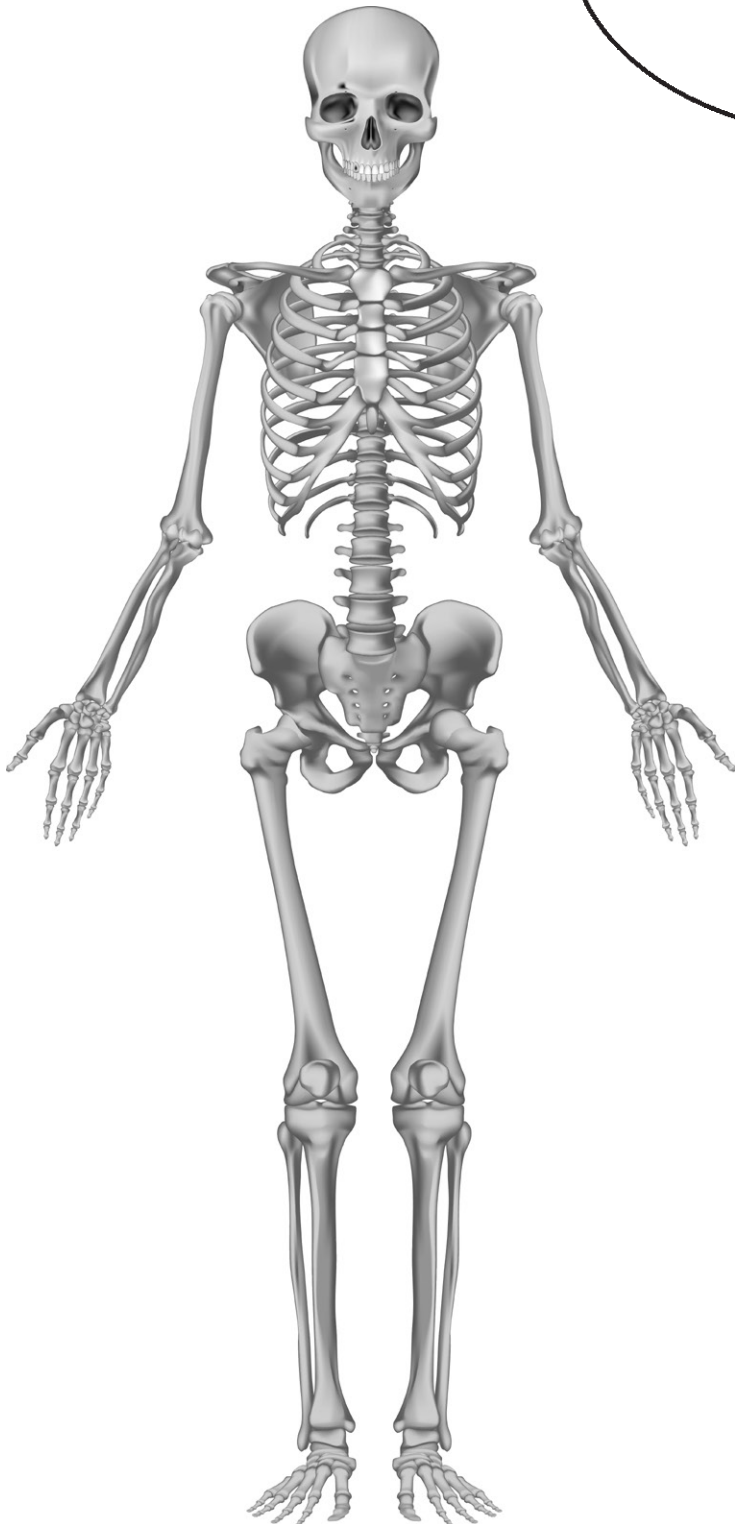
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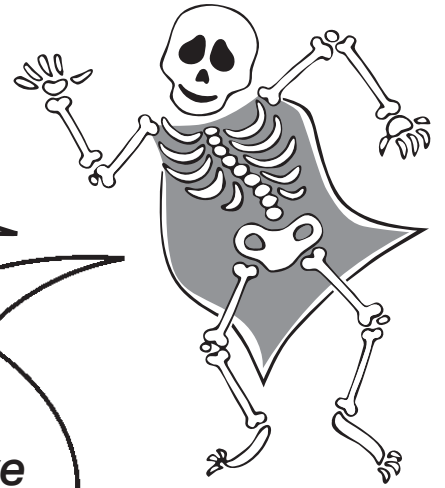


Activity 1: My spine

My spine is important.
It is part of my skeleton.



Hi I'm
Captain Super
Spine



**It's time to
show me what you've
learned about your
spine!**

Colour the spine blue.

What does your spine connect
to in your skeleton?

What do you feel when you rub
a friend's spine?

Why is your spine important?

Activity 2: Moving safely in the classroom



*Help me check
your classroom to
keep it safe.*

Look carefully to see if there are things that you might trip over.

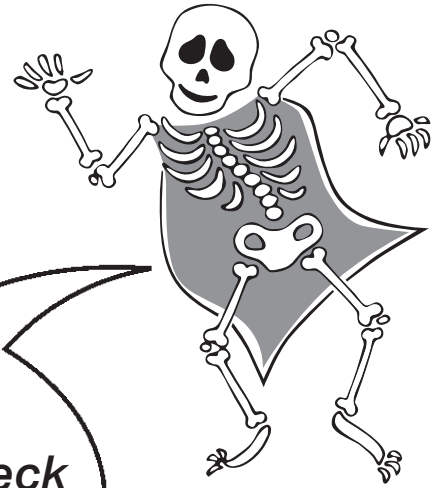
Are there any of these things on the floor?

School bags	Yes/No	Drink bottles	Yes/No
Pot plants	Yes/No	Scissors	Yes/No
Books	Yes/No	Pens	Yes/No

What can you do to make your classroom safer?

Write your ideas down and draw some pictures of a safe classroom.

Activity 3: Playing safely



Be a super sleuth
and take a walk
around your playground.
Look very carefully
for any trouble spots.

*Be like Captain
Super Spine and check
your playground to
keep it safe.*

Write down anything that you think might be dangerous for your spine.

Where are the **danger spots**?

Remember we want to keep our **spines safe**.

Make a list of games that you think are safe for children to play
outside.



Activity 4: Think about safety

Accidents can happen at any time and anywhere.

Remember Captain Super Spine's tips for staying safe —

Spines are precious
Pause and think
Investigate and check for danger
Notice what you see and hear
Evaluate what's happening —
is it safe?

Is the person in the picture staying safe?



What do you think might happen to them?

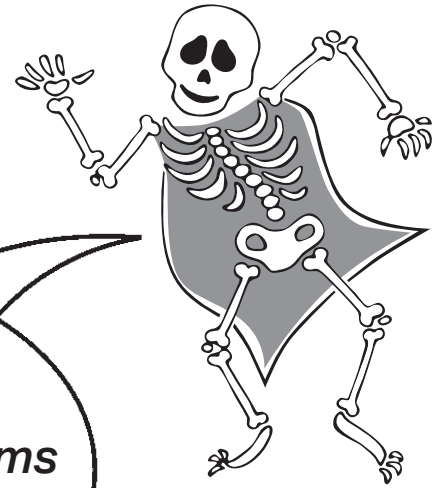


What do you think might happen to them?



What do you think might happen to them?

Activity 5: Being careful is being smart



*Help me find
a problem or problems
in these pictures*



What is it/what are they?



What is it/what are they?



What is it/what are they?

Activity 6: What is wrong?

I can see lots
of danger for these
kids, can you?



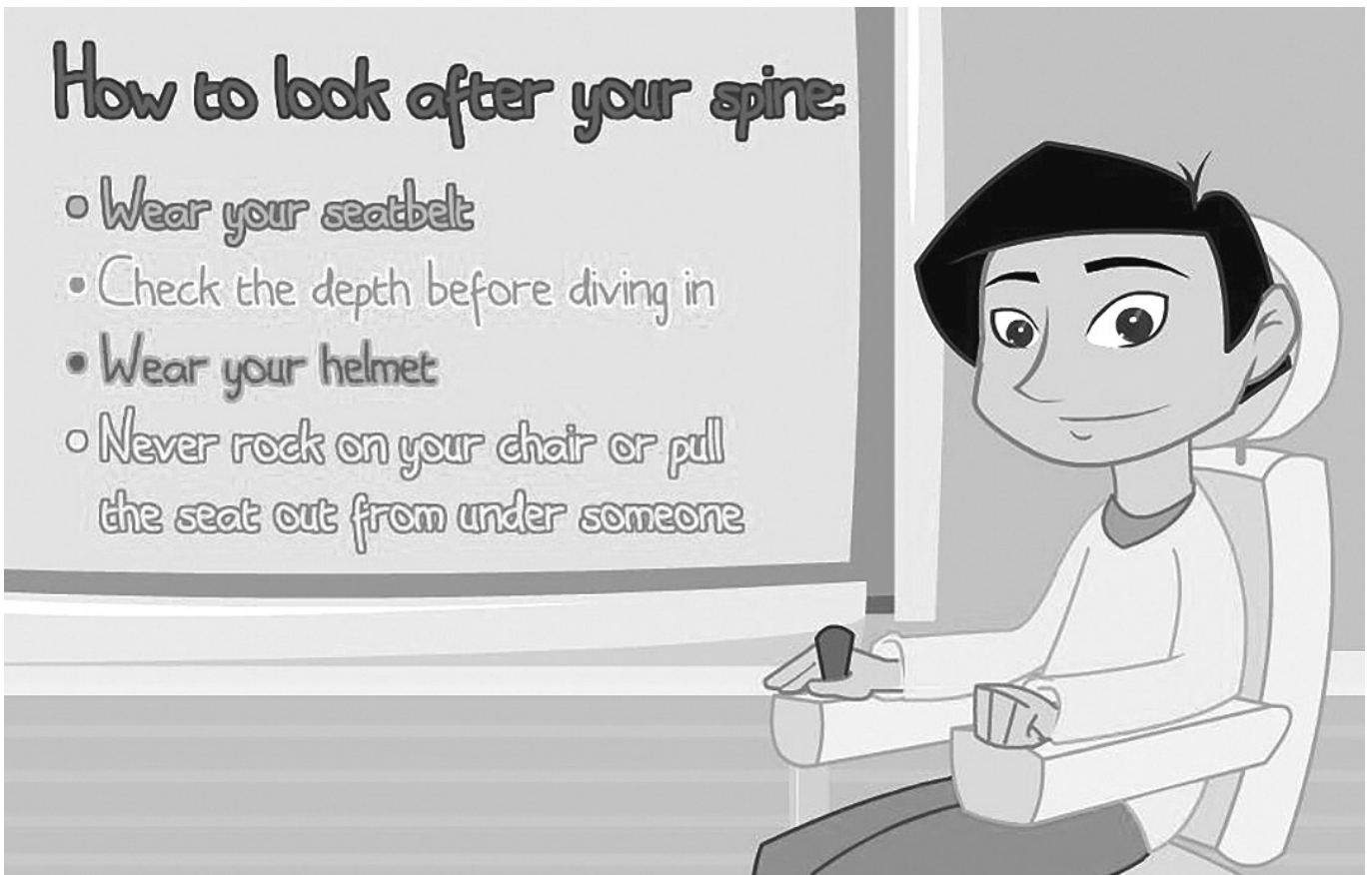
Write down all the things you can see wrong in this picture.

Activity 7: How to look after your spine

What could happen if you do not follow these rules?



Why is each of these rules important?



Always wear your seatbelt

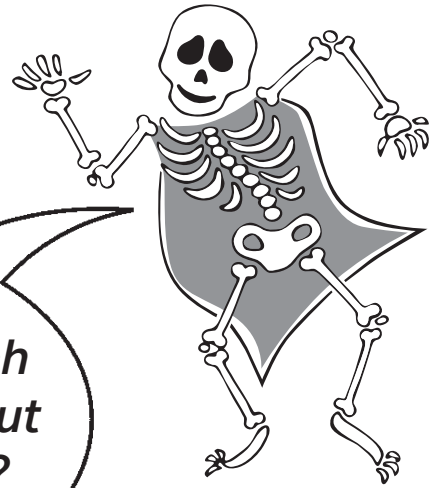
Always check the depth of water before diving in

Always wear your helmet

Never rock on your chair

Never pull a seat out from under someone else

Activity 8: Think safety in your car



What should each person think about while in the car?



The driver



The front seat passenger



The back seat passengers

Activity 9: Think safety when swimming



**Tell me what
each person should
think about while
swimming?**



When at the beach



When in a river, a dam or a pool

Activity 10: Think safety in the classroom



*Tell me some ways
you can stay safe
in the classroom*



When using chairs and desks



When moving

Years 3 and 4



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Activity 11: Keeping safe

How could these children keep safe?



What could happen to your spinal cord if you are unsafe in these situations?

Activity 12:

Being safe on wheels

How could you make each situation safer?



Driving a quad bike



Riding in the shopping trolley



Skate boarding



Riding a bike

What could happen to your spinal cord if you are unsafe in these situations?

Activity 13:

Being safe in the car

Are these safe or unsafe situations? Why?



Texting while driving



Sleeping in a car without seat belts fastened



Wearing a seat belt



Using a navigation panel while driving

What could happen to your spinal cord if you are unsafe in these situations?

Activity 14:

Being safe in water

How could you make each situation safer?



Diving off a jetty



Running and diving into the water at the beach



Diving off a rope swing into a creek

What could happen to your spinal cord if you are unsafe in these situations?

Activity 15:

Being safe in the playground

How can you keep your playground safe?



Write your ideas here.

How can you help others play safely on playground equipment?

Years 5 and 6



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Activity 16:

Keeping safe

What strategies would you use to keep these children safe?



Diving into water



Playing sport



Riding a bike



Swinging from a rope into water

What could happen to their spinal cords if they injured their necks or backs?

Activity 17:

Strategies to stay safe on wheels

How would you advise these people to keep safe?



Describe the potentially unsafe situation and your advice....



Describe the potentially unsafe situation and your advice...



Describe the potentially unsafe situation and your advice...

Why is it important to remind others to keep safe?

Activity 18:

Strategies to stay safe in the car

What strategies could you use in these situations to ensure everyone stays safe?



Texting while driving



Sleeping in a car without seat belts on



The driver navigates while driving

What could you do if your strategies did not work? For example, what could you do if the driver ignored you?

Activity 19:

Being safe in water

What strategies could you use in these water situations to ensure everyone stays safe?



Diving off a jetty



Running and diving into the water at the beach



Diving off a swing into a creek

How could people in the community help to keep these situations safe?

Activity 20:

Community safety resources

Complete the table below by identifying people in your local area who help to keep people safe.

Occupation	Contact details	Role and responsibility

Identify which of these occupations helps to protect people from injuring their spinal cord.

Acknowledgements

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We would also like to acknowledge Griffith University's School of Human Services as research partners in the MAIC funded SEAT Evaluation Project 2013, which has informed the development of these tools.



Contact information

Manager – Injury Prevention Programs.

Phone: (07) 3391 2044

Email: seat@spinal.com.au

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