

Name:

Grade Level/Section:

Date:

Subject: DANCE/PEH

Teacher: T. MJ

Title of the activity: Draft for 4th Quarter Performance Task

Goal - Dance is a physically demanding activity. Dancers perform repetitive movements for several hours a day. Studies have shown that dancing five hours a day or longer leads to an increased risk of stress fractures and other injuries. Students or dancers will conduct a basic first aid to know how to prevent and do the first aid for dance injuries.

Situation - You will be put in an emergency situation using the manikin/one from family members as a victim/injured. You will need to approach the situation and be able to identify the injuries and treat them with the proper first aid skills. You will approach the situation with safety, identifying the fractures/injuries, putting knowledge into action, and treating the victim with proper first aid skills.

Type your answer on each box.

Identify the type of dance injuries.

Explain why emergency preparation kits are useful.

Prepare and show an emergency kit to serve a particular function.

Distinguish between a necessity and a nicety/luxury.

Explain and defend your choices for your emergency preparation kits.

Apply the emergency preparedness guide that you have learned in class.

Be prepared to use what you have on hand and show in your video presentation on how to do the basic first aid for dance injuries.