

Chapter 7

Name _____ Date _____ Period _____

Lesson 7.3 Graphic Organizer

Staying Safe

Lesson 7.3 is about preventing fitness-related injuries. Before reading this lesson, make five predictions of safety strategies you think might be included in the lesson. For each prediction, explain why you think this is an important guideline for avoiding injuries. Use your previous personal experience, as well as information you may have learned elsewhere, to fill in the table below.

Safety Strategy	Why Is This Important?
1.	
2.	
3.	
4.	
5.	