



Teacher Resource

ACL Injuries

Focus Questions

Discuss the BTN High story as a class and record the main points of discussion. Students will then respond to the following:

1. What does ACL stand for?
2. How does an ACL injury happen?
3. How common are these injuries?
4. Why do experts think there's been an increase in the number of ACL injuries in young people?
5. What can be done to prevent young people from getting an ACL injury?

Activities

- Research 10 facts about ACL injury and create a fact sheet for your school gym or performing arts space.
- Research or interview a sports person who's had an ACL injury and answer the below questions. Present the information you have collected as a slide show, short video or feature article.
 - *How did they injure themselves?*
 - *What symptoms did they have?*
 - *What treatment did they receive?*
 - *What kind of rehabilitation did they do?*
 - *What are the short and long-term effects of their ACL injury?*
- Design a campaign on the ways an ACL injury can be prevented.
- Research the types of exercises that can be done to help prevent ACL injury. Demonstrate the exercises as either a diagram or instructional video.

EPISODE 18

1st April 2026

KEY LEARNING

Students will discover what an ACL injury, and the impact it is having on young people.

CURRICULUM

[Health and PE – Year 9 and 10 \(v8.4\)](#)

[Health and PE – Years 9 and 10 \(v9.0\)](#)

[Dance – Years 9 and 10 \(v8.4\)](#)

[Dance – Years 9 and 10 \(v9.0\)](#)