

## Physical Education Grade 9 Answer Week1

1. The rules of the games - to reduce dangerous play.

Referee ,umpires, assistants - to supervise a game so that the rules are followed and insist in fair play.

Ensuring that players are wearing appropriate protective equipment and removal of any type of jewellery or accessories liable to cause injury to self and others.

Ensuring that the competition is fair.

2. It reduces the risk of injuries.

It stops the players from being penalised.

3. Should wear shin guards.

Nets ,posts should be properly secured.

Playing areas should be clear of any dangerous items.

4. Warming up increase body and tissue temperature.

Improve performance and reduce the chance of injury by mobilising the athlete mentally as well as physically.

Cooling down allows the systems of the body to return gradually towards normal.

Aid in the dissipation of waste products . including lactic acid.

5. Warm up and cool down properly.

Use appropriate clothing ,footwear and protective equipment.

Abide by the rules and regulations of the games.

6. First aid is that initial assistance or treatment given to a person who is injured or suddenly ill.

7. Fracture, dislocation ,sprain , strain ,bruises , blisters.

8. RICE is the most commonly used procedure for treating minor injuries.

9. Rest : stop the activity immediately and sit or lie down in a safe area.

Ice :wrap ice in a piece of cloth or plastic and apply it around injured area.

Compression :use a clean piece of cloth or bandage to wrap the injured area to control swelling .

Elevation :raise the injured part above heart level.

10. Assess the situation

Look at the signs and symptoms.

Sit or lie down and support the injured part

Apply cold compress to reduce pain, swelling and bruise.