

Physical Education Grade 9 Tutorial1

1. What are the safety measures which should be taken in a game?
2. Why should players play by rules?
3. What are the safety measures that should be taken when playing football by a player?
4. Explain the importance of warming up and cooling down.
5. Write down 3 preventive measures that you can adopt to avoid injuries while doing physical education.
6. Define first aid.
7. What are the common injuries that may occur while participating in physical activities?
8. What type of procedure is commonly used in the treatment of minor injuries?
9. Describe the R.I.C.E treatment procedure.
10. Jim was playing football with his friends ,when he suddenly twisted his ankle while running . According to you, what assistance should be given in this case?