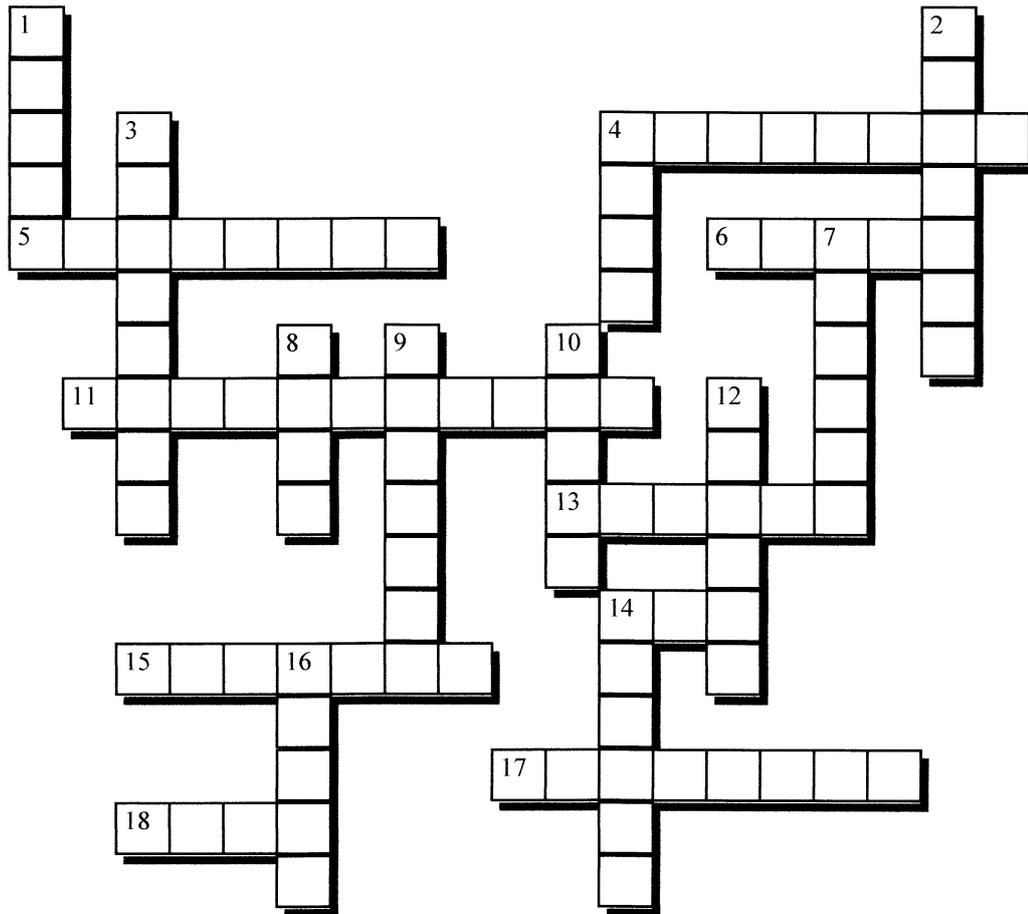


Years 5-6 Revision Sheet 1 Injury Crossword

Instructions: Fill in each answer by using the clues below.



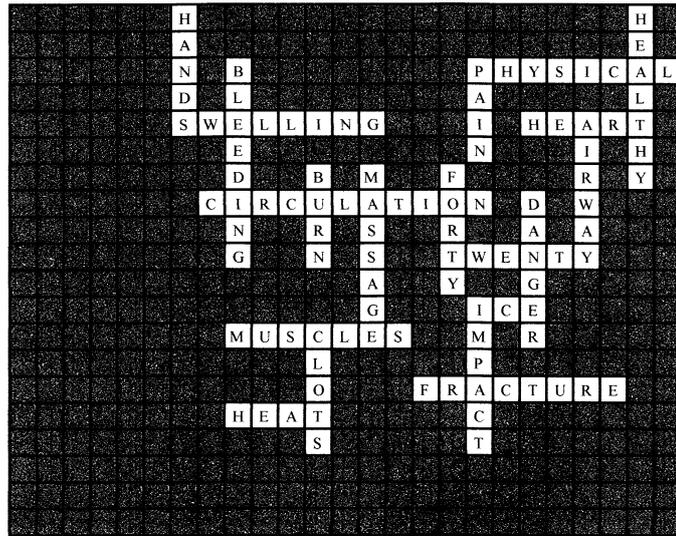
Across Clues

- 4) _____ activity is important for good health. (8)
- 5) Compression assists to reduce _____. (8)
- 6) For elevation to be effective, the limb must be positioned over your _____. (5)
- 11) The 'C' in DRSABCD stands for _____. (11)
- 13) An ice-pack should be applied for no longer than _____ minutes. (6)
- 14) This assists in reducing swelling. (3)
- 15) The soft tissues in the body susceptible to injury includes _____, tendons and ligaments. (7)
- 17) A broken bone is called _____. (8)
- 18) The 'H' in the acronym HARM stands for _____. (4)

Down Clues

- 1) Overuse injuries commonly affect the _____. (5)
- 2) Regular exercise serves to keep joints _____. (7)
- 3) What may contribute to swelling following an injury? (8)
- 4) _____ usually makes us aware of an injury. (4)
- 7) The 'A' in DRSABCD stands for _____. (6)
- 8) Applying an ice-pack directly onto the skin can give you an ice _____. (4)
- 9) This can harm an injury. (7)
- 10) The first _____-eight hours are vital in the effective management of any soft tissue injury. (5)
- 12) The first 'D' in DRSABCD stands for _____. (6)
- 14) High _____ sports may lead to joint damage in later life. (6)
- 16) Complete bed rest may lead to blood _____, which can be fatal. (5)

Years 5-6 Revision Sheet 1 Injury Crossword Sol...



ACROSS:

4. PHYSICAL 5. SWELLING 6. HEART
11. CIRCULATION 13. TWENTY 14. ICE
15. MUSCLES 17. FRACTURE 18. HEAT

DOWN:

1. HANDS 2. HEALTHY 3. BLEEDING
4. PAIN 7. AIRWAY 8. BURN 9. MESSAGE
10. FORTY 12. DANGER 14. IMPACT
16. CLOTS