

Years 5-6 Revision Sheet 3 Word Definitions

Write a definition in Column B for the word or phrase in Column A

Column A

Column B

1. DANGER
2. ICE
3. TWENTY
4. AIRWAY
5. FORTY
6. HEART
7. HEALTHY
8. PHYSICAL
9. PAIN
10. CIRCULATION
11. BURN
12. MASSAGE
13. MUSCLES
14. CLOTS
15. HEAT
16. BLEEDING
17. IMPACT
18. SWELLING
19. HANDS
20. FRACTURE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

ears 5-6 Revision Sheet 3 Word Definitions Sol...

Column A

1. DANGER
2. ICE
3. TWENTY
4. AIRWAY
5. FORTY
6. HEART
7. HEALTHY
8. PHYSICAL
9. PAIN
10. CIRCULATION
11. BURN
12. MASSAGE
13. MUSCLES
14. CLOTS
15. HEAT
16. BLEEDING
17. IMPACT
18. SWELLING
19. HANDS
20. FRACTURE

Column B

- The first 'D' in DRSABCD stands for _____ .
- This assists in reducing swelling.
- An ice-pack should be applied for no longer than _____ minutes.
- The 'A' in DRSABCD stands for _____.
- The first _____-eight hours are vital in the effective management of any soft tissue injury.
- For elevation to be effective, the limb must be positioned over your _____.
- Regular exercise serves to keep joints _____.
- _____ activity is important for good health.
- _____ usually makes us aware of an injury.
- The 'C' in DRSABCD stands for _____ .
- Applying an ice-pack directly onto the skin can give you an ice _____.
- This can harm an injury.
- The soft tissues in the body susceptible to injury includes _____, tendons and ligaments.
- Complete bed rest may lead to blood _____, which can be fatal.
- The 'H' in the acronym HARM stands for _____ .
- What may contribute to swelling following an injury?
- High _____ sports may lead to joint damage in later life.
- Compression assists to reduce _____ .
- Overuse injuries commonly affect the _____ .
- A broken bone is called _____ .