



Play Safe

It is important, whatever sport you do that you wear the correct equipment and clothing to stop yourself getting hurt.

Name 3 sports that need each piece of safety equipment and say why you need to wear it.

Safety equipment	Sport	Sport	Sport	Why you need to wear it
A helmet				
A mouth guard				
Knee pads				
Studded shoes				

One of the most common injuries whilst playing sport is having your tooth knocked out. If this happens you can save it if you know what to do.

Richard's tooth has been knocked out whilst playing cricket.



Use the following words to fill in the gaps in the three boxes, then illustrate each instruction.

dentist, saliva, milk, clean container, find, milk.

If your tooth gets knocked out try toit straight away.

If it is dirty rinse it in

Put the tooth in a
 of or
and go
 straight to the

