

## SUNRISE ENGLISH PRIVATE SCHOOL, ABU DHABI

### HEALTH AND PHYSICAL EDUCATION WORKSHEET – 2015-16

#### First term

GRADE: X

#### FIRST AID:

First aid is the provision of initial care for an illness or injury. It is usually performed by non-expert (sometimes by an expert in case of an emergency), but trained personnel to a sick or injured person until definitive medical treatment can be accessed. Certain self-limiting illnesses or minor injuries may not require further medical care past the first aid intervention. It generally consists of a series of simple and in some cases, potentially lifesaving techniques that an individual can be trained to perform with minimal equipment.

THE PRIMARY TREATMENT TO STOP SWELLING OF INJURED SOFT TISSUE IS WITH THE 'PRICE' METHOD.

1. Protection – In this case, protection means stopping activity immediately and protect the injured part from additional damage.
2. Rest – Rest the area to allow the tissues time to heal.
3. Ice – Applying cold therapy (ice or an ice pack wrapped in a thin towel) to an acute injury reduces swelling and pain. It causes the blood vessels to narrow and limits internal bleeding at the injury site. Apply cold to the affected area every two hours for no more than 20 minutes at a time. Allow the skin temperature to return to normal before icing again. You can ice an acute injury several times a day for up to three days.
4. Compression – Compression of an acute injury is perhaps the next most important immediate treatment tip. By quickly wrapping the injured body part with an elastic bandage or wrap, you help keep swelling to a minimum. If possible, it's helpful to apply ice to the injured area over the compression wrap to limit the swelling.
5. Elevation – Elevating the injured area is another way to reduce the blood flow and swelling to the area.

#### SPORTS EDUCATION

Sport Education makes direct comparisons between the organization and participation of sports within society and the teaching of Physical Education within the National Curriculum. Some suggest that Sport Education provides a particular focus on participation in a wide range of

#### 4. Endocrine system:

The system of endocrine glands in the body. The endocrine system chemically controls the various functions of cells, tissues, and organs through the secretion of hormones. The endocrine system includes the adrenal glands, parathyroid gland, pituitary gland, and thyroid gland, as well as the ovaries, pancreas, and testes

#### 5. Digestive system:

The system of organs responsible for getting food into and out of the body and for making use of food to keep the body healthy. The digestive system includes the salivary glands, mouth, esophagus, stomach, liver, gallbladder, pancreas, small intestine, colon, and rectum. The digestive system's organs are joined in a long, twisting tube from the mouth to the anus. Inside this tube is a lining called the mucosa. In the mouth, stomach, and small intestine, the mucosa contains tiny glands that produce juices to help digest food. Two solid organs, the liver and the pancreas (both of which are embryo logically derived from the digestive tract), produce digestive juices that reach the intestine through small tubes known as ducts. In addition, parts of other organ systems (for instance, nerves and blood) play a major role in the digestive system.

#### 6. Muscular system:

The bodily system that is composed of skeletal, smooth, and cardiac muscle tissue and functions in movement of the body or of materials through the body, maintenance of posture, and heat production.

#### 7. Urinary system:

The bodily system consisting of the organs that produce, collect, and eliminate urine and including the kidney, ureters, urinary bladder and urethra. The system of organs and tissues involved with regulation of water content and salt concentration in the body and with the excretion of metabolic wastes and excess water and salt in the form of urine. In mammals, the urinary system consists of the urinary tract and associated tissues.

#### 8. Skeletal system:

**Skeletal system** the body's framework of bones; there are 206 distinct bones in the body of an average adult human. (See anatomic Table of Bones in the Appendices and see Plates.) The bones give support and shape to the body, protect delicate internal organs, and provide sites of attachment for muscles to make motion possible. In addition, they store and help maintain the correct level of CALCIUM, and the bone MARROW manufactures blood cells. Called also skeleton.

**MAIN PARTS OF THE SKELETON.** There are two main parts of the skeleton: the axial skeleton, including the bones of the head and trunk, and the appendicular skeleton, including the bones of the limbs. The axial skeleton has 80 bones and the appendicular skeleton has 126 bones.