|  |  |  |
| --- | --- | --- |
| **Ways to minimise injury** | **Explain the method** | **Find a sporting example** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |

|  |  |
| --- | --- |
| **Sport Settings** | **Hazards of these areas** |
| Field |  |
| Sports Hall |  |
| Fitness center |  |
| Artificial Outdoor area |  |
| Swimming  Pool |  |