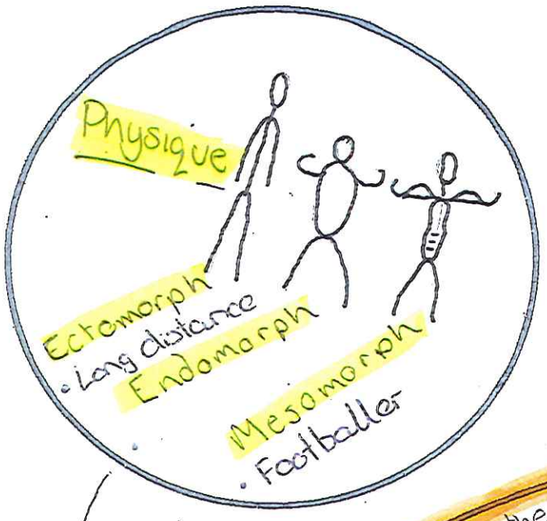
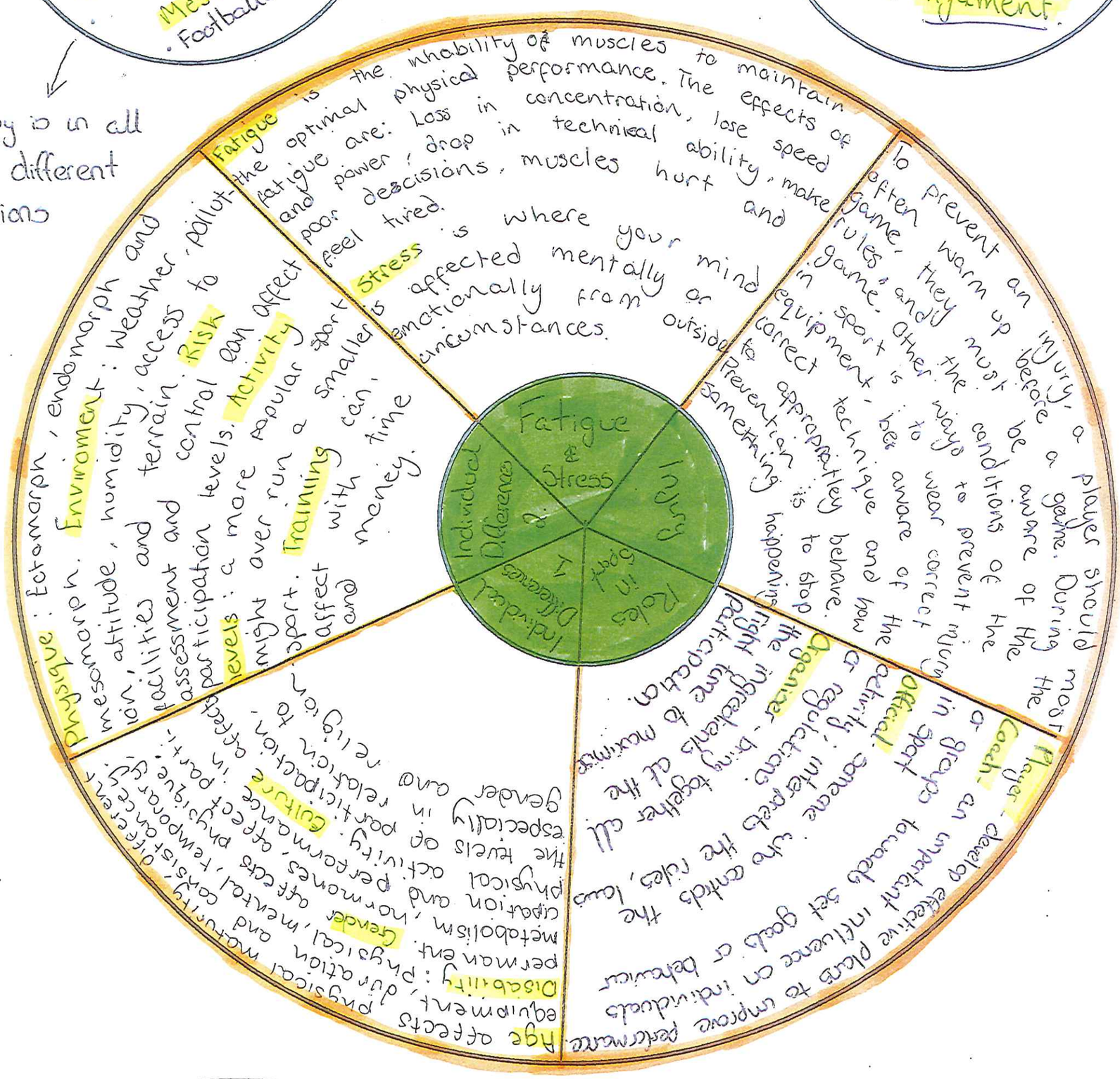
Jack Rayne

UNIT 1- ACTIVE PARTICIPANT



Rugby is in all 3 in different positions

A Strain is an injury to a muscle. A Sprain is an injury to a ligament.



KEY WORDS

Metabolism - chemical that aids digestion.

KEY WORDS.

Preventing an injury is knowing how to stop an accident occuring.