

Circulation & Movement: Risk Assessment

Activity	Hazard	Precaution	Risk
Foam Bones	None identified	None required	None
Circulation	<ul style="list-style-type: none"> • Raised blood pressure 	<ul style="list-style-type: none"> • Ensure students have no medical problems with exercise before activity 	Low
	<ul style="list-style-type: none"> • Trip hazard when exercising 	<ul style="list-style-type: none"> • Students should exercise on the spot e.g. star jumps 	Low
Muscle Board	<ul style="list-style-type: none"> • Injury if heavy board tips over 	<ul style="list-style-type: none"> • Demonstrate how to use equipment safely 	Very low
Lung Volumes	<ul style="list-style-type: none"> • Mouthpieces: Infection/contamination hazard 	<ul style="list-style-type: none"> • Each child to use a fresh disposable mouthpiece • Used mouthpieces disposed of immediately 	Low