



Safety Equipment You Need for Different Sports

KS2 PE

HEALTH AND SAFETY

Ages 9-12



3 min read

Why Do We Need Safety Equipment?

When you play sports, your body moves fast and might crash into things or other players. **Safety equipment** is protective gear that stops you getting hurt. Different sports have different dangers, so they need different types of protection.

Think of it like a soldier wearing armour — it protects the parts of the body most likely to get damaged.

Contact Sports: Football and Rugby

In **football** and **rugby**, players crash into each other a lot. You need a **mouthguard** to protect your teeth, a **headguard** to protect your skull, and **padding** on your shoulders, elbows and knees. Many players also wear **shin guards** because their legs are easy targets.

Rugby players wear even more protection because the game is rougher. They often wear **scrum caps** (soft helmets) and thick shoulder padding.

Cycling and Skating Sports

When you fall off a bike or skateboard, you hit the ground hard and fast. A **bike helmet** is the most important piece of equipment — it stops your head from smashing on the pavement. You should also wear **elbow pads**, **wrist guards** and **knee pads** because you naturally put your hands and knees out to catch yourself when you fall.

Think of it like bubble wrap around presents — it absorbs the shock when something hits the ground.

Water Sports: Swimming and Surfing

In **swimming**, you need a **swim cap** to keep your hair out of your eyes and goggles to protect your eyes from chlorine. For **surfing** and **water skiing**, a **wetsuit** keeps you warm and protects your skin from the sun and rough boards.

Ball Sports: Tennis and Cricket

Cricket players wear **helmets with face guards, padded gloves** and **leg guards** because cricket balls travel at **90 miles per hour** — faster than a car on a motorway! **Tennis** players need proper **court shoes** with good grip to stop them sliding and twisting their ankles.

The Golden Rule

The most important rule is: **always wear your safety equipment, even if it feels uncomfortable or silly**. Injuries can change your life, but the right gear usually stops them happening in the first place.