(INSERT, SELECT, UPDATE, DELETE) using Python and the popular SQLite database as an example. SQLite is a lightweight, file-based database that doesn't require a separate server process.

First, you'll need to install SQLite and the Python SQLite library. You can install the library using the following command:

```bash
pip install sqlite3
```

Now, let's go through examples for each type of query:

1. ```pythonCREATE TABLE (if not exists)

```
import sqlite3

# Connect to the SQLite database (creates a new one if not exists)
conn = sqlite3.connect('example.db')

# Create a cursor object to execute SQL queries
cursor = conn.cursor()

# Create a table (if not exists)
cursor.execute('''
    CREATE TABLE IF NOT EXISTS users (
        id INTEGER PRIMARY KEY,
        name TEXT NOT NULL,
        age INTEGER
    )
''')

# Commit the changes and close the connection
conn.commit()
conn.close()
```

2. INSERT

```python
import sqlite3

# Connect to the SQLite database
```

```
conn = sqlite3.connect('example.db')
cursor = conn.cursor()

# Insert a new record into the 'users' table
cursor.execute("INSERT INTO users (name, age) VALUES (?, ?)", ('John Doe', 25))

# Commit the changes and close the connection
conn.commit()
conn.close()
```

3. SELECT (GET)

```python
import sqlite3

# Connect to the SQLite database
conn = sqlite3.connect('example.db')
cursor = conn.cursor()

# Select all records from the 'users' table
cursor.execute("SELECT * FROM users")

# Fetch all rows
rows = cursor.fetchall()

# Display the results
for row in rows:
    print(row)

# Close the connection
conn.close()
```

4. UPDATE

```python
import sqlite3

# Connect to the SQLite database
conn = sqlite3.connect('example.db')
cursor = conn.cursor()

# Update the age of the user with id=1
```

```
cursor.execute("UPDATE users SET age = ? WHERE id = ?", (30, 1))

# Commit the changes and close the connection
conn.commit()
conn.close()
```

5. DELETE

```python
import sqlite3

# Connect to the SQLite database
conn = sqlite3.connect('example.db')
cursor = conn.cursor()

# Delete the user with id=2
cursor.execute("DELETE FROM users WHERE id = ?", (2,))

# Commit the changes and close the connection
conn.commit()
conn.close()
```

These examples use the SQLite database for simplicity. If you're working with other databases like MySQL or PostgreSQL, you'd need to use their respective Python libraries (e.g., `mysql-connector` for MySQL or `psycopg2` for PostgreSQL) and adjust the connection details accordingly.