

Name: _____

Date: _____

PHYSICAL AND EXPRESSIVE SKILLS

K F Q I B S E X T E N S I O N S U X S I F L R K
S M C U Y H J A W L F R H R P Q G I R X Z B A J
A A O V V T G A N K H T R E L R X Y I P O E E G
M I L B E L B Y I D X D A G Y Q O D U J J K A H
Y U S S I R A A V S G O W N V F E J K D X J R C
H X B M F L L L D A I J U A A K X Y E Z J X D E
O H O U Y F I C I A C H V C H N Y N G C U P V J
H U I Q O T R T X G F M I B B E M K Q I T P H V
G T M L T R I V Y U N A G L V C W D X L V I S W
P Z U H Q R S L X J L M X W V Q T O V J X F O B
J X O L M Y X J I E B W E A T X W F K H V D F N
U N J Q V Y Z N X B P D Z N I Q P O S T U R E N
K J I E R F W P R L I H K F T X R U P Q Y J Z X
N V E O O X R F G W C X R L I D S A V D F W P N
P S K R H E P I Z L W O E A F W Y T Z U M N K W
S E N F S A Q I A E G A N L S E Z T W W Y G Z L
B O G S N Y C A R Q H F S T F I A K M N Q R S Q
M M I Y S P A T I A L A W A R E N E S S M P B Z
D O X U Q B D W A L Y N G D I O C G S I R U Y G
N N O I T A N I D R O O C A Q J L J G N U W R X
S D B P H J Q W O Y H P S O Q Y B R J I Q L F O
H T G N E R T S E V C V G N S F O A N I M A T S
K C W A C T U V P E P Q Z I R F O C U S B O J L
O E C N A L A B C D J E D K U X K Y C R X S Z X

FACIAL EXPRESSION
FLEXIBILITY
EXTENSION
STRENGTH
POSTURE

SPATIAL AWARENESS
PROJECTION
MOBILITY
BALANCE
STAMINA

COORDINATION
ALIGNMENT
PHRASING
CONTROL
FOCUS