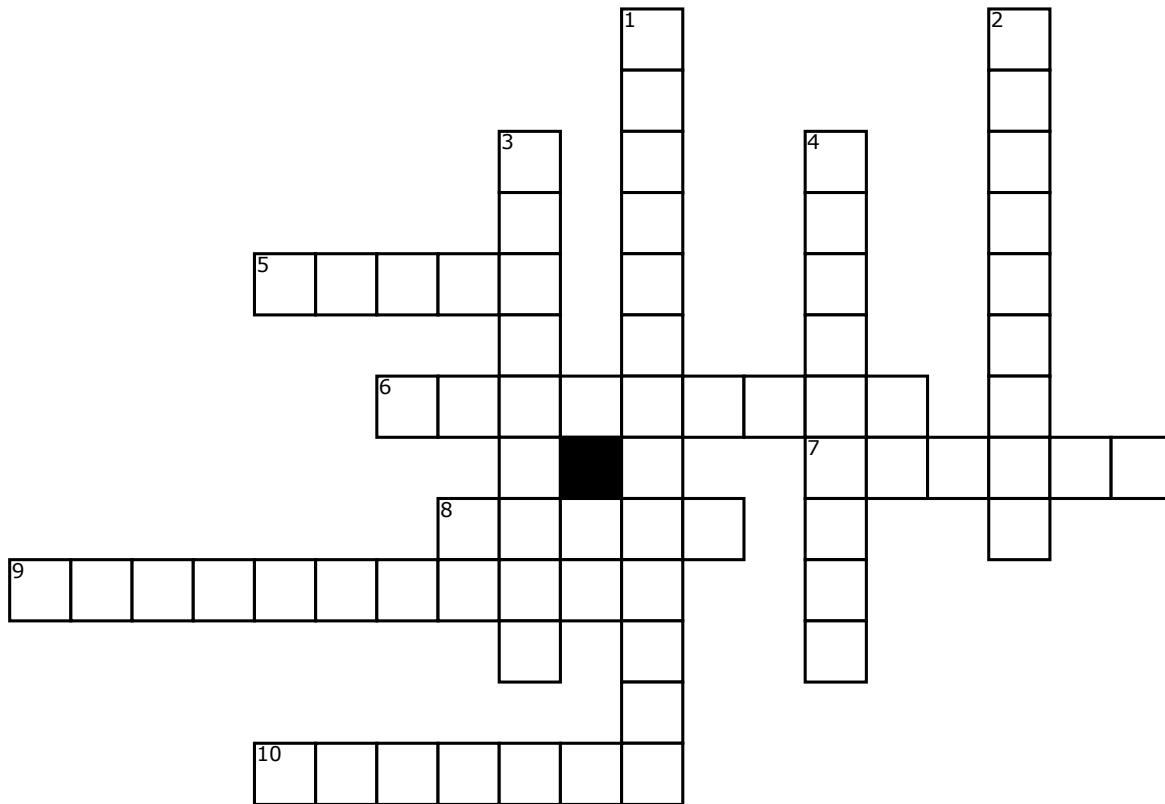


Safe Dance Practice



Across

- 5.** The maximum amount of stretching, choreography or activity the body can take safely.
- 6.** Placement of the body in a way that ensures safety and correct technique.
- 7.** Dancing should stop immediately and the dancer should follow the appropriate management method and seek medical advice if this occurs.
- 8.** The most effective method to help alleviate pain and further damage when the dancer is injured.
- 9.** This should be done after all rehearsals, practises and performances to prevent injury.

10. _____ awareness; having knowledge of the space around you and using this knowledge effectively.

Down

- 1.** _____ factors including temperature and studio condition.
- 2.** This should be done before all rehearsals, practises and performances to prevent injury.
- 3.** Consuming healthy amounts of minerals, vitamins, carbohydrates and proteins for healthy bones, muscles and energy levels.
- 4.** The guidelines outlining the way in which choreography should be performed, specific to genre and style of dance.