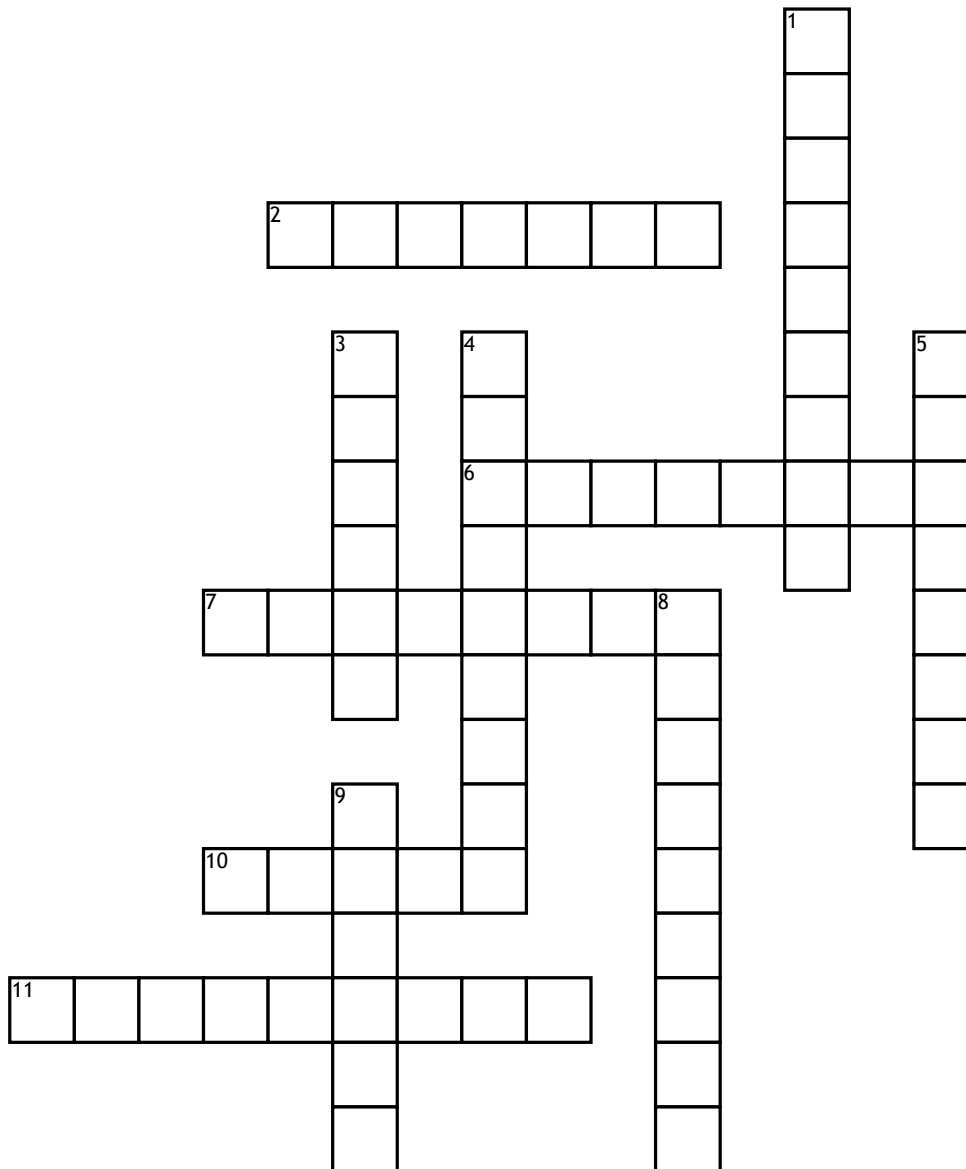


# Safe Dance Practice Crossword



## Across

2. Tissues that are made up of fibres and can contract and create body movement
6. A light stretch after you've been dancing
7. The ability to be physically strong
10. An element of dance and a key component of movement
11. The placement of the body to hold yourself in the right position

## Down

1. The process of intaking healthy food or substances to fuel the dancer
3. Physical harm been done to a part of your body
4. The ability on which a dancer can execute movements and skills properly
5. An element of dance in which the shape of movement is expressed
8. Drinking water to maintain enough fluid
9. Stretching all the muscles before dancing