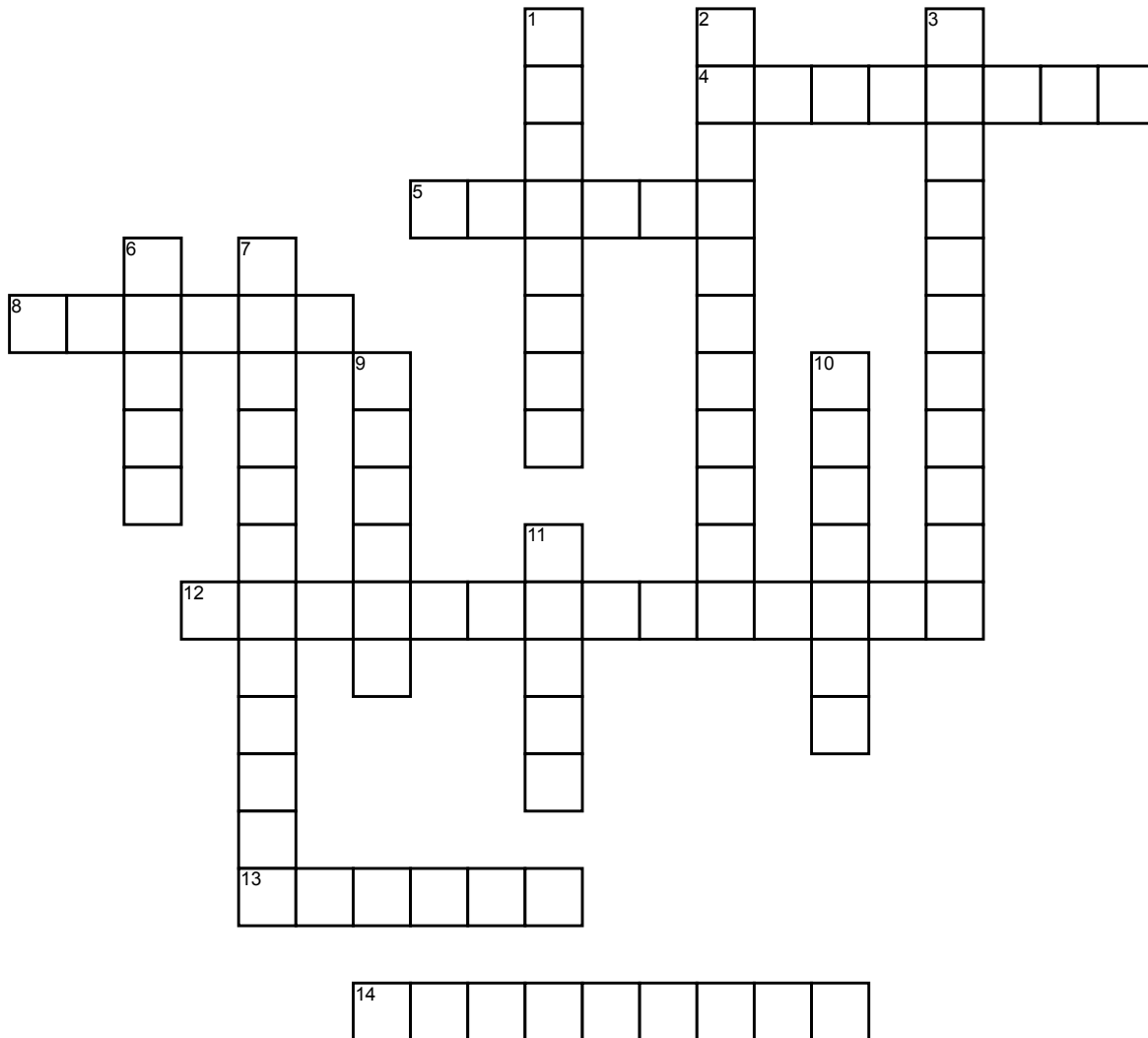


# Tilt



## Across

**4.** Any position in which the lower body is above the upper body.

**5.** A long, low, powerful skip step, which may be preceded by one or more running steps.

**8.** Activity designed to get the blood flowing

**12.** The process of breaking a skill down in small parts.

**13.** Lying flat on the back with the body straight

**14.** Grasping the bar with thumbs facing away from each other.

## Down

**1.** Grasping the bar with the thumbs pointing toward each other.

**2.** These learners like to be involved physically

**3.** The process of developing or moving gradually towards a more advanced state.

**6.** Lying face down with the body straight

**7.** The basic skills or building blocks

**9.** The upper and lower portions of the back are stretched backward in a curve

**10.** Primary skill for gymnastics falls.

**11.** A controlled, upright landing performed at the end of a skill or routine