**CREATIVEAND SPORTS**

1. **- Warm up**
	* **Use proper equipment**
	* **Follow the rules**
	* **Stay hydrated**
	* **Respect opponents**
2. **- Grip**
	* **Stance**
	* **Approach**
	* **Plant**
	* **Pull back**
	* **Release**
	* **Follow through**
3. **- Incorporates interactive element**
	* **Acts as a storytelling prompt**
	* **Used for education purpose**
	* **They are convenient due to its portability**
4. **- Enables players to control the ball**
	* **Allows easy distribution of the ball**
	* **Helps in maintaining the possession of the ball**
	* **Enhances team work**
	* **It improves creativity of the player**
5. **- keyboard**
6. **- Prolongs physical activities**
	* **Increases metabolism processes**
	* **Helps in maintaining stamina during prolonged activities**
	* **Maintains joint mobility**
	* **Enhances stability and composition**
7. **- Sanding**
	* **Texturing**
	* **Varnishing**
8. **- Minim**
9. **- Marching -enhance uniformity**
	* **Promote coordination**
	* **Build team work**
10. **- Promotes physical health**
	* **Mental health**
	* **Encourages team work and collaboration**
	* **Promotes discipline and goal setting**
	* **Enhances character building**
	* **Promotes economy**
	* **It is a source of entertainment**
11. **- Plot**
	* **Characters**
	* **Dialogue**
	* **Theme**
	* **Conflict**
	* **Tone**
	* **Structure**
	* **Style**
12. **The variation in volume, intensity and expression within a piece being performed.**
13. **They enable individuals to navigate bodies of water safely, potentially saving lives in emergency such as floods.**
14. **- Repetition**
	* **Harmonization**
	* **Ornamentation**
15. **- Coordination**
	* **Flexibility**
	* **Techniques**
	* **Strength**
	* **Rhythm**