**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**