PEH **Dance and its Elements**

Choose the best answer.

1. It is made up of several key elements that help you understand and create movements.

   Body Dance Space

2. This is the main tool that you use when you dance.

   Body Dance Space

3. This is where the dance happens. It is about how you use the area around you.

   Body Dance Space

4. It refers to what your body is doing. These are the movements you can make when you dance.

   Action Time Energy

5. This is the quality of your movements. It shows how you use your strength and effort.

   Action Time Energy

6. This is about when and how fast or slow you move.

   Action Time Energy

7. It can be big and cover a lot of space , or small and close to your body

   Emotion Size Space

8. Movements can be free and continuous or bound and controlled

   Emotion Flow Force

9. This is the energy you use to express different feelings

   Emotion Flow Force

10. You can move forward, backward, sideways, up, or down

    Level Directions Pathways

LIVEWORKSHEETS