

MY NAME IS*

and

**I LOVE
DANCING**

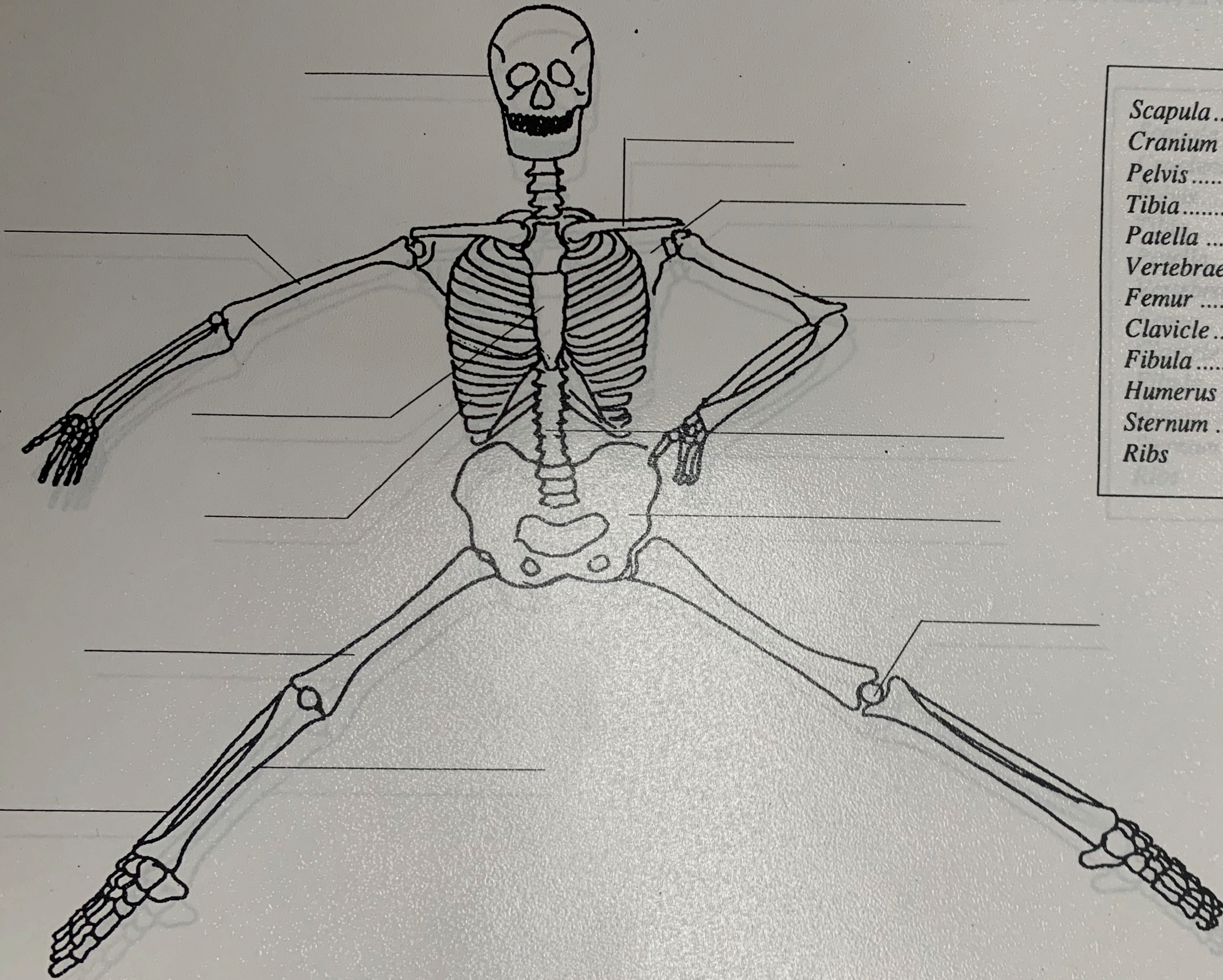
at



My name is _____

Know Your Bones!

Find the bones that are listed on the right side of the page and write the scientific name (the one in italics) in the space provided.



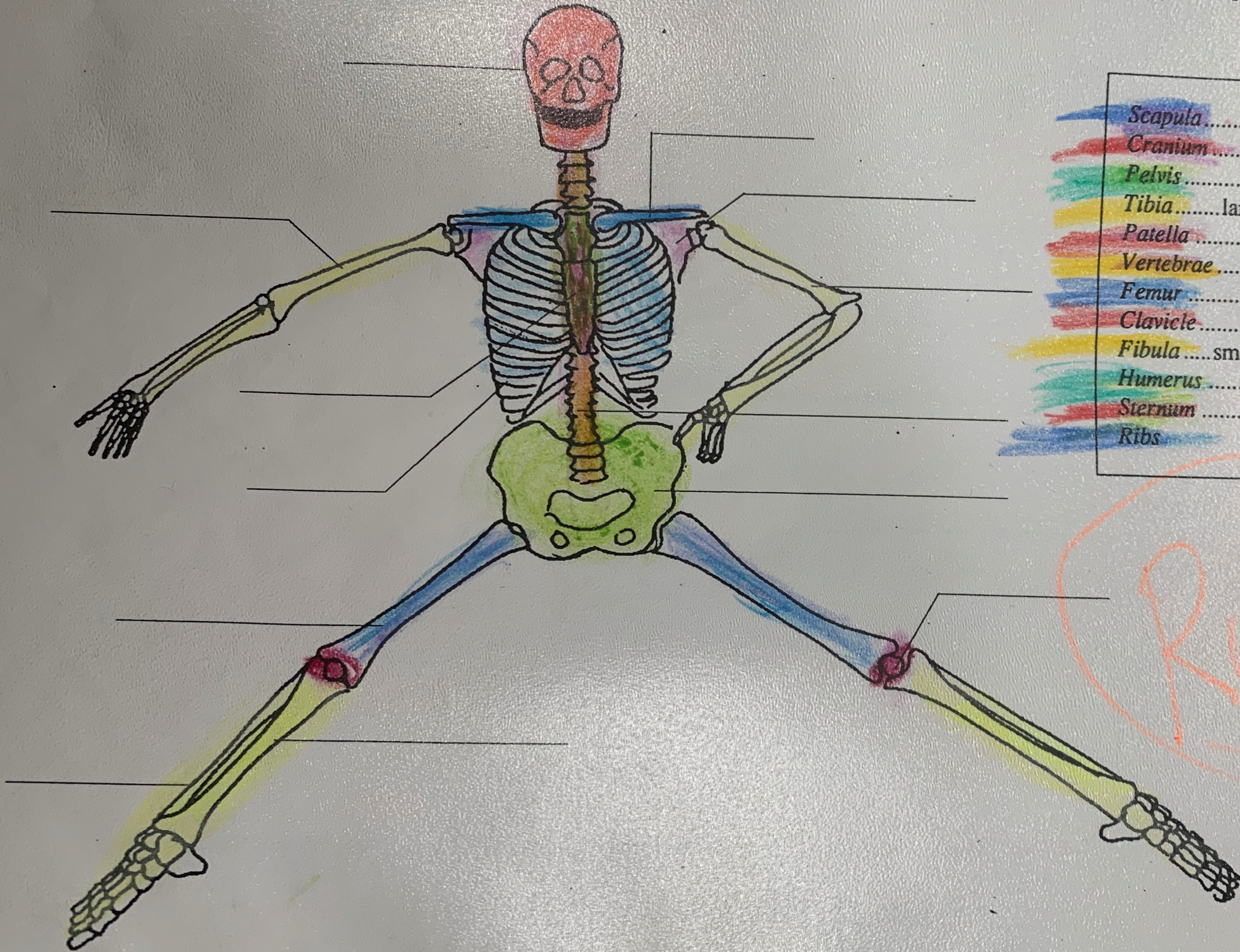
- Scapula* shoulderblade
- Cranium* skull
- Pelvis* hip bones
- Tibia* large bone in lower leg
- Patella* kneecap
- Vertebrae* backbone or spine
- Femur* thigh bone
- Clavicle* collarbone
- Fibula* small bone in lower leg
- Humerus* upper arm bone
- Sternum* breast bone
- Ribs*

My name is _____

Name Name

Know Your Bones!

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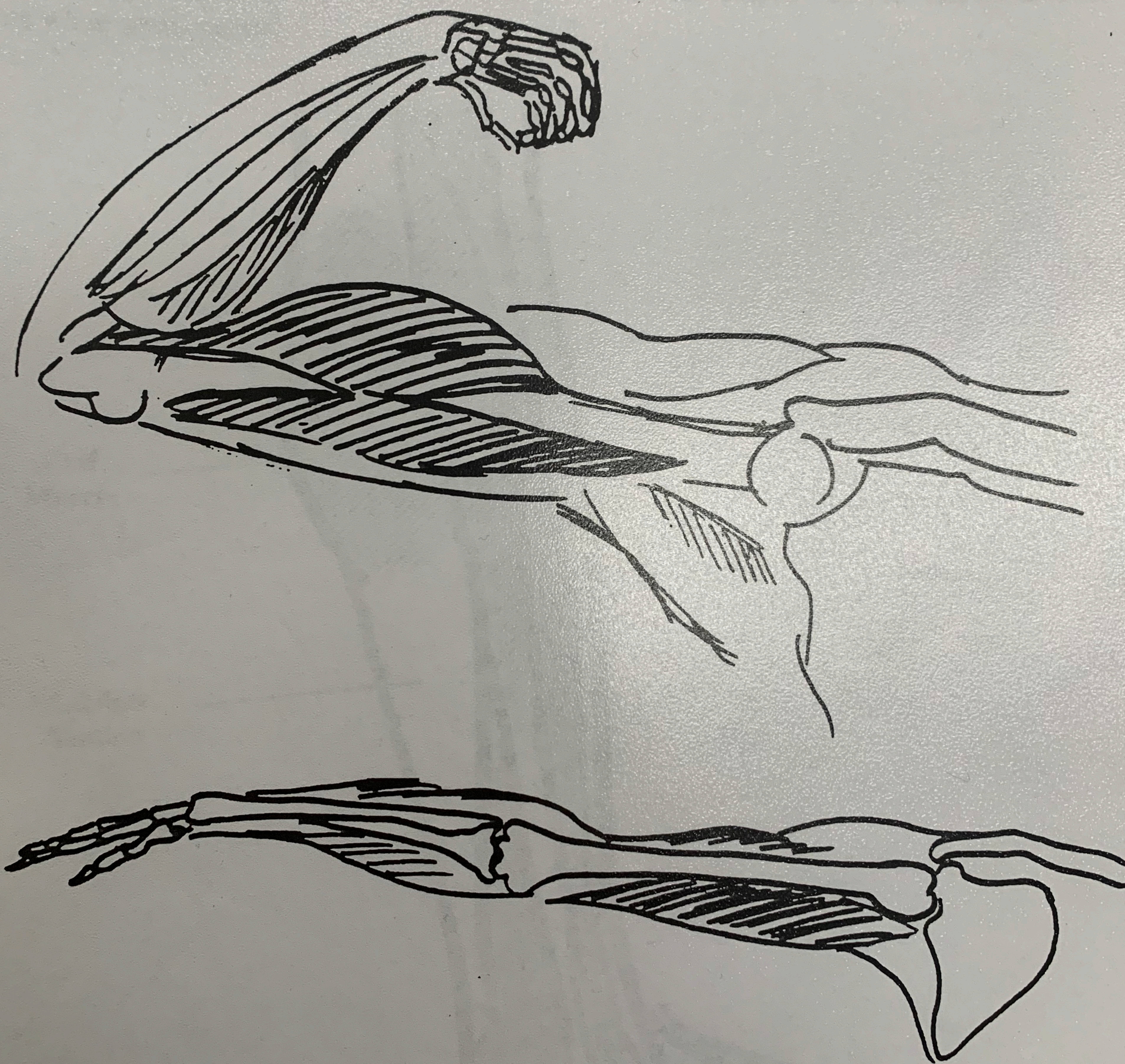
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READ

How Your Muscles Work!

Your muscles work in pairs. One contracts while the other relaxes. In the pictures below color the muscle that is contracting GREEN, and the one that is relaxing RED.

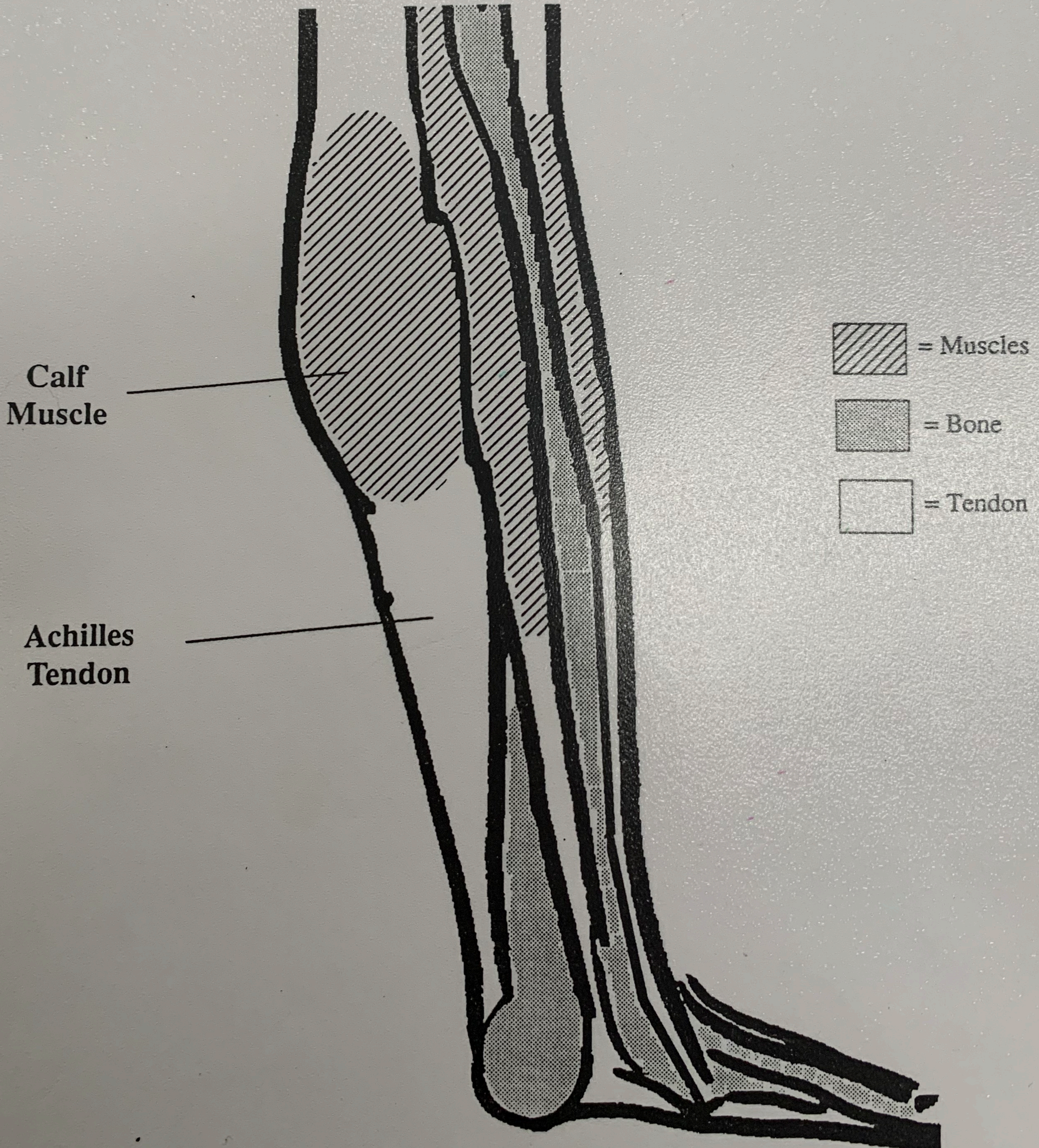
Now try to feel your own muscles contract and relax!



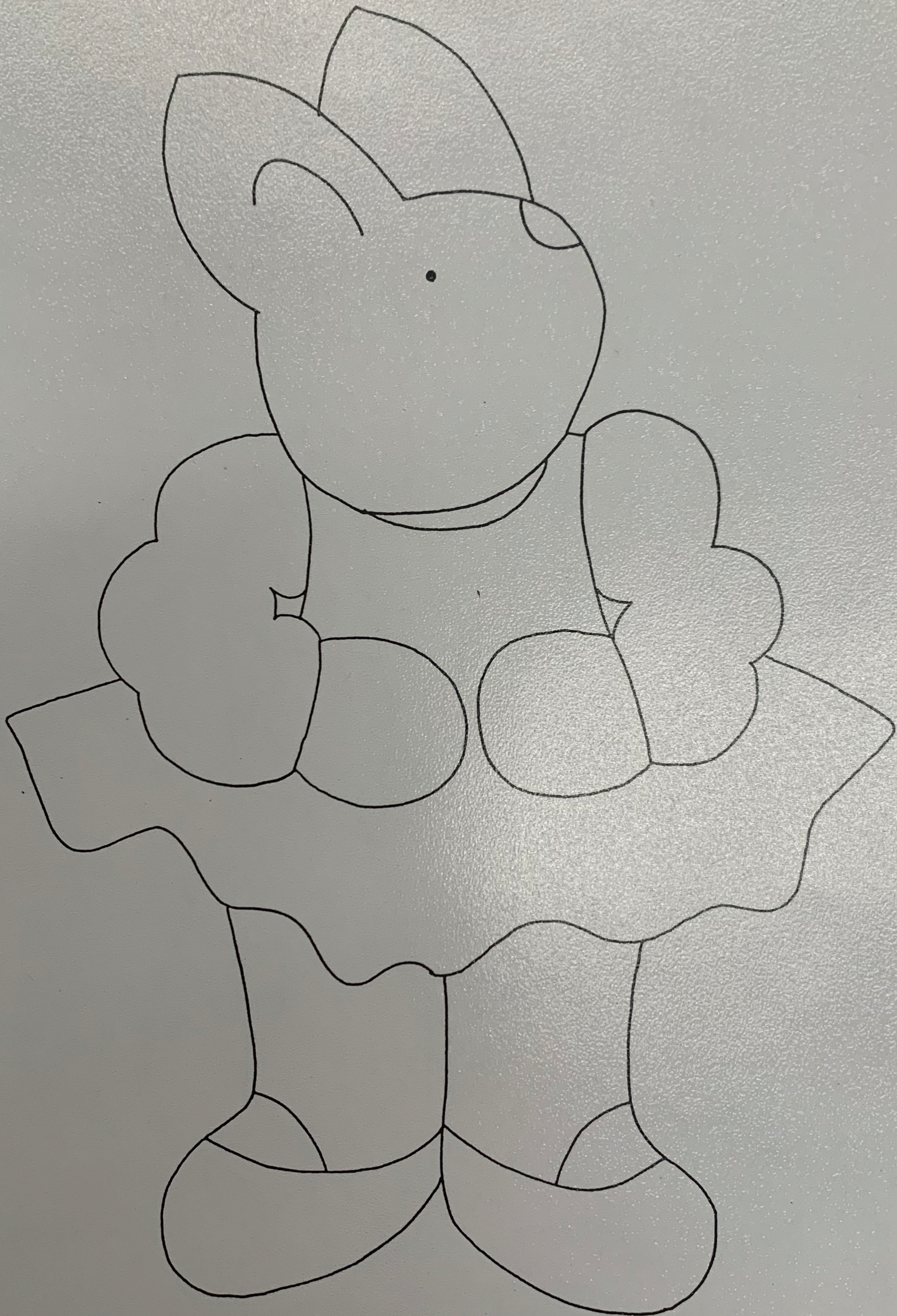
Tendons, Muscles & Bones

Tendons are important to dancers because they attach muscles to bone. The Achilles Tendon shown below attaches the calf muscle to the heel and acts like a strong spring to help you jump high - when you use your demi-plié!

Color the bones (the dotted areas) yellow, the muscles (the striped areas) red and the tendon (the white areas) purple!



My Name Is _____

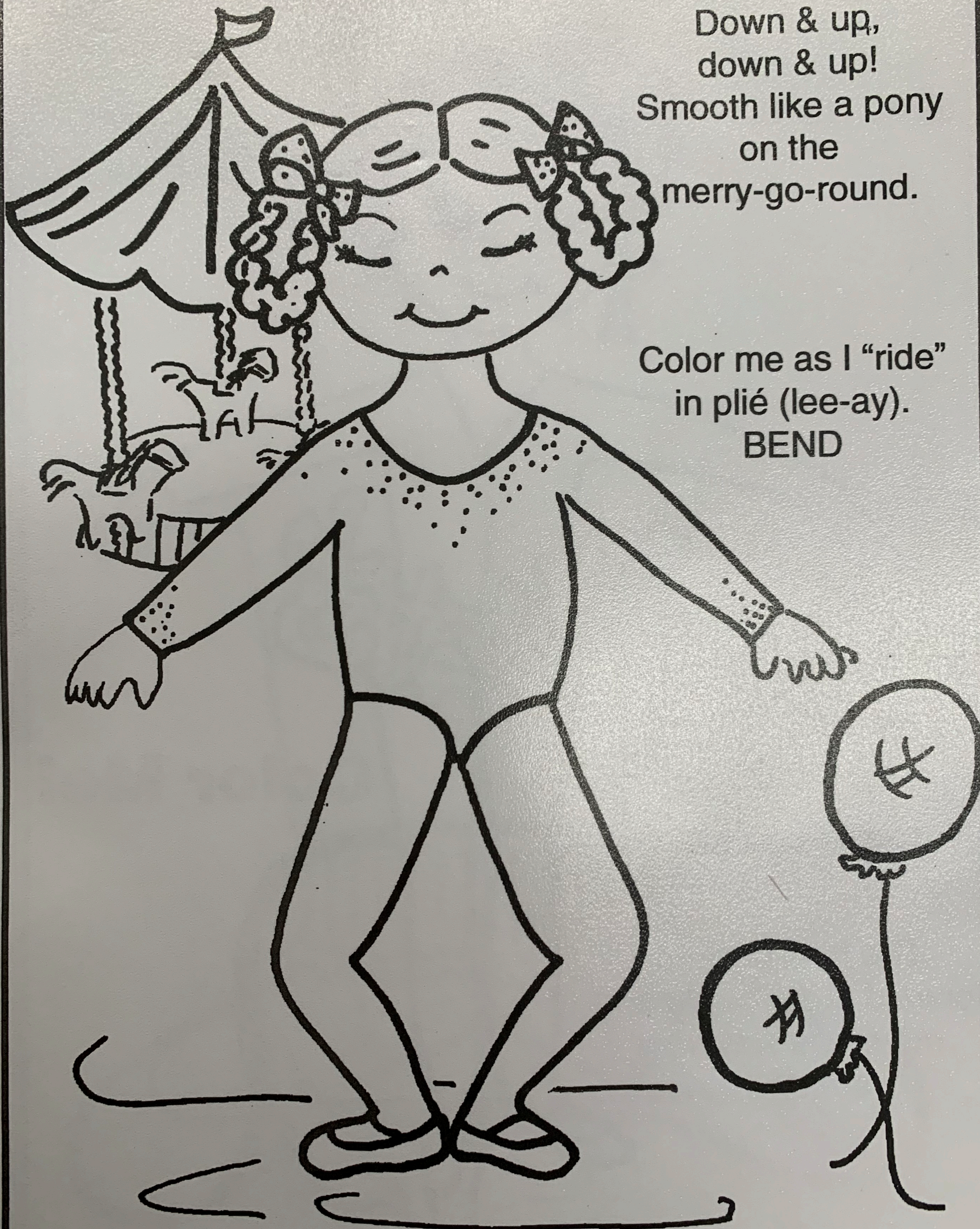


First Position

Name _____

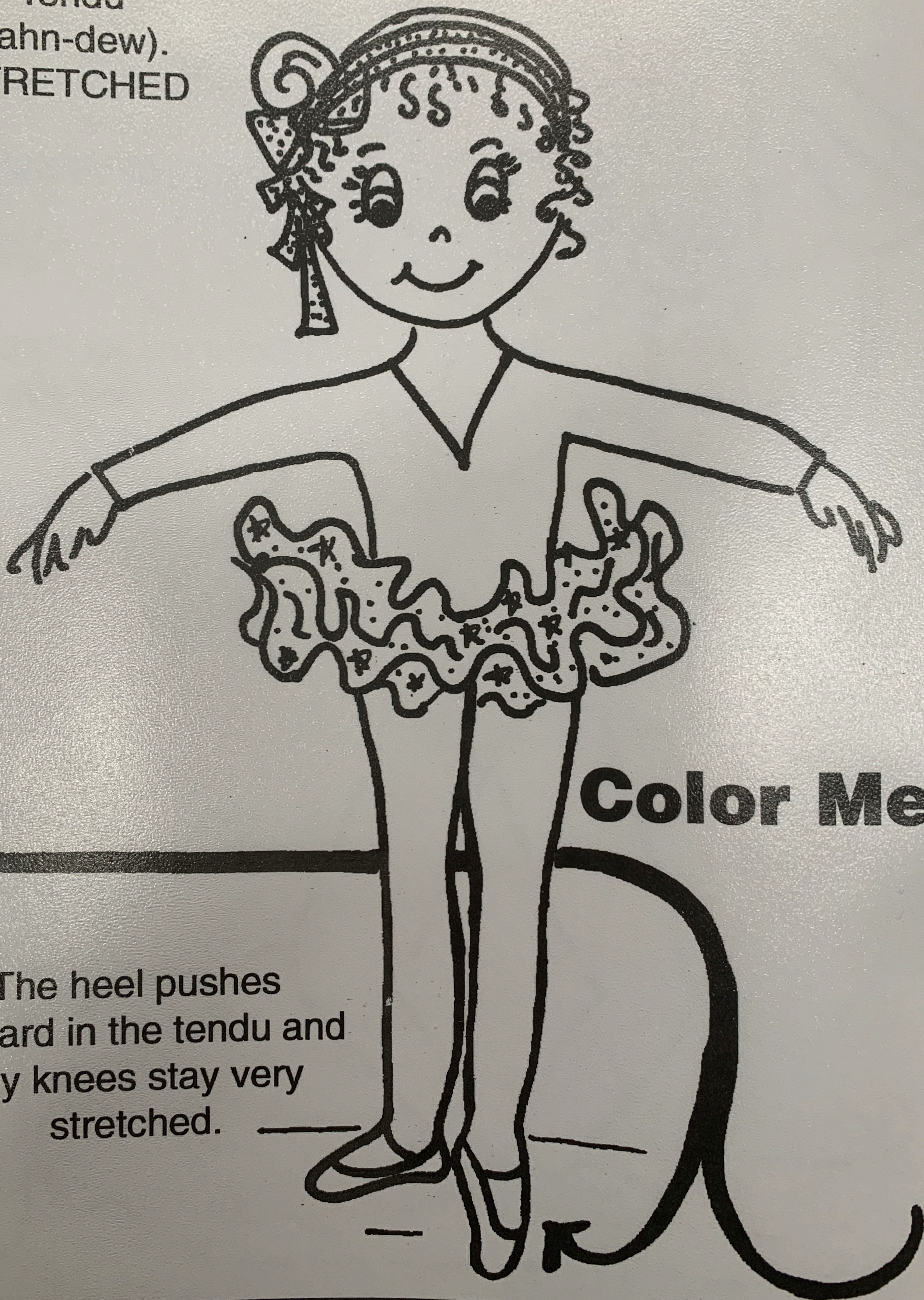
Down & up,
down & up!
Smooth like a pony
on the
merry-go-round.

Color me as I "ride"
in plié (lee-ay).
BEND



Name _____

Tendu
(tahn-dew).
STRETCHED



Color Me!

The heel pushes
forward in the tendu and
my knees stay very
stretched.