	the ball to your teammate.
Answer	:
	your arms up for a high jump.
	the goal with power and accuracy.
	your body for a strong tackle.
	the tennis racket with a firm grip.
	the volleyball over the net.
	the basketball into the hoop.
Answer	a wide base for stability during a sprint.
	your opponent's moves carefully.
	your balance while kicking the ball.

## **Answers**

	the ball to your teammate.
Answer:	Pass
	your arms up for a high jump.
Answer:	Raise
	the goal with power and accuracy.
Answer:	Shoot
	your body for a strong tackle.
Answer:	Prepare
	the tennis racket with a firm grip.
Answer:	Hold
	the volleyball over the net.
Answer:	Serve
	the basketball into the hoop.
Answer:	Dunk
	a wide base for stability during a sprint.
Answer:	Maintain
	your opponent's moves carefully.
Answer:	Observe
	your balance while kicking the ball.
Answer:	Maintain