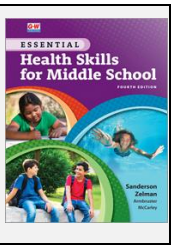
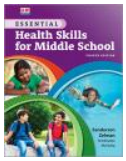
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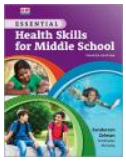
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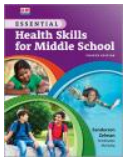
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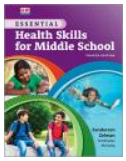
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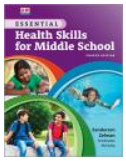
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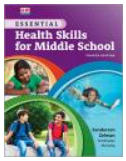
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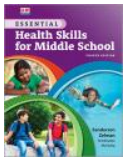
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2.2.8.MSC.1	Effective execution of movements is determined by the level of related skills and provides the foundation for physical competency and literacy to participate with confidence in a broad range of physical activities (e.g., games, sports, aerobics, martial arts, recreational activities).	**Instruction**: 158-162, 177-180 158 Figure 3.3.5 Tips for Safe Stretching 159 Types of Fitness 161 Figure 3.3.7 Agility 162 Figure 3.3.8 Balance and Coordination 178 Figure 3.5.2 Use Proper Equipment 179 Figure 3.5.3 Start Slowly **Application**: 163 Develop Your Skills #1-3 164 Reading and Notetaking Activity 180 Case Study - Sarah Slacks Off 184 Develop Your Skills #3
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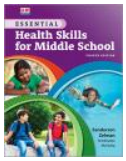
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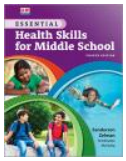
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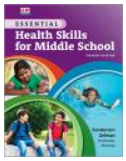
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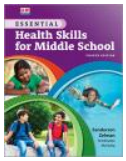
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