

Physical and Emotional Shared Skill Sets for each of the following activities

Invasion / Territory games

List 2 Physical Skill Sets shared in this activity

O 1. _____

O 2. _____

List an Emotional Skill set that is similar in this activity type

O 3. _____

Net / Wall Games

List 2 Physical Skill Sets shared in this activity

O 1. _____

O 2. _____

List an Emotional Skill set that is similar in this activity type

O 3. _____

Striking & Fielding Gamea

List 2 Physical Skill Sets shared in this activity

O 1. _____

O 2. _____

List an Emotional Skill set that is similar in this activity type

O 3. _____

Target Games

List 2 Physical Skill Sets shared in this activity

O 1. _____

O 2. _____

List an Emotional Skill set that is simimlar in this activity type

O 3. _____

**Body Management
Activites**

What are the spiritual and physical advantages of body management activities?

Spiritual : _____

Physical: _____

What are 2 examples of body management activities

O 1 . _____

O 2 . _____

