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

Invasion / Territory 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
Net / Wall 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
03
Striking & Fielding Gamea
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 .

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
01
02

Outdoor Activities

What are the basic skills and tactics for outdoor activities ?	
/hat a	re 2 Example of outdoor activities
١ ٦	
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2	
ohn N	t in space below and back of page if necessary on what you think that fluir meant by this quote with respect to the outdoors. Serv walk with nature one receives more than they seek" ~ John Muir