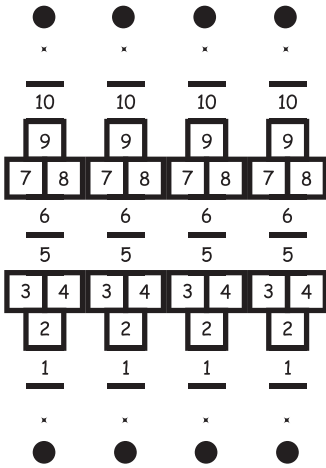


# Multi-step Column



## Set Up




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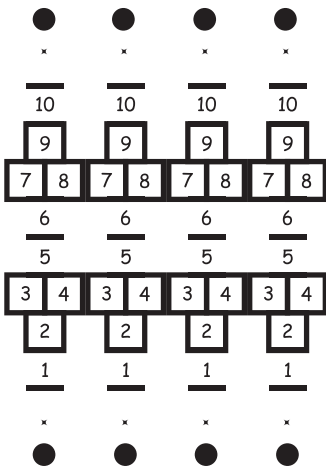
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## Instructions




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## Which Skills Are You Using?

### Stability

- Turning
- Twisting
- Pivoting
- Bending
- Landing
- Freezing
- Lunging
- Reaching
- Stretching



### Object Control

- Throwing
- Kicking
- Catching
- Dribbling
- Bouncing
- Striking
- Collecting
- Pushing
- Pulling



### Locomotor

- Walking
- Running
- Jumping
- Skipping
- Hopping
- Bounding
- Zig-Zagging
- Crawling
- Climbing

