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Run freely for 40 seconds



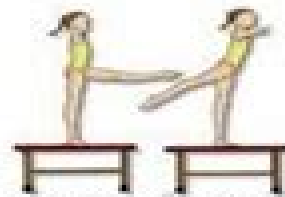
Bent leg sit



Back support raising 1 leg at a time towards the vertical



Stand and jump to safe landing



1 foot balance on bench or box top



Front front support, jump in and up



Back backwards and forwards in pike and straddle



Front and back support, lower to the floor with control



Bounce and catch a ball 3 times



Walk forwards along a bench and full turn in the middle

7

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B Lingard



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