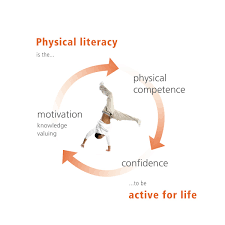
**THE 12 CORE SKILLS OF PHYSICAL LITERACY**

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Posture

Balance

Squat

Landing

Jumping and Hopping

Skipping

Bounding

Rotation

Throwing

Catching and Dodging

Striking

Running