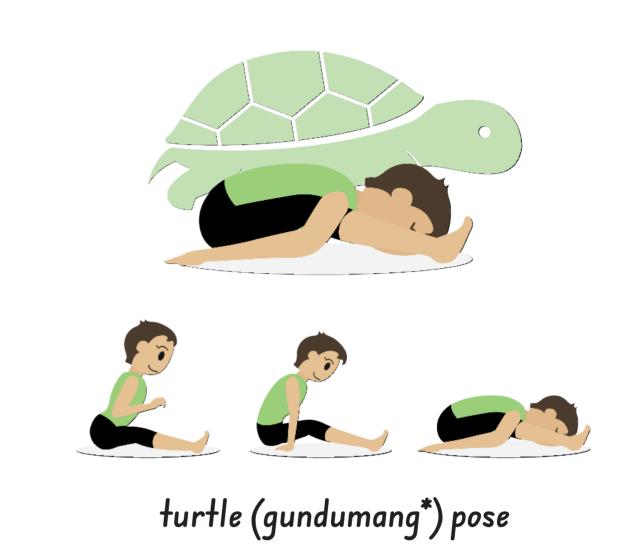
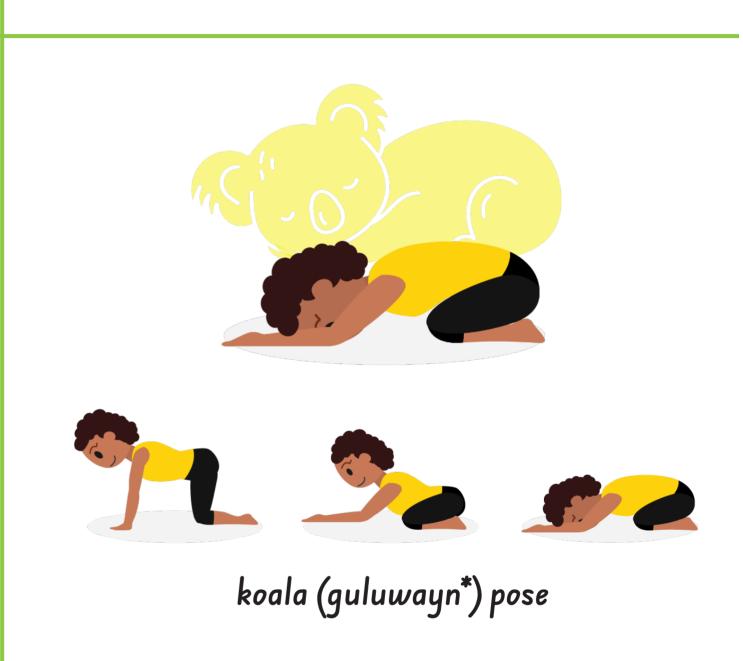
## Fundamental Movement Skills – stability skills

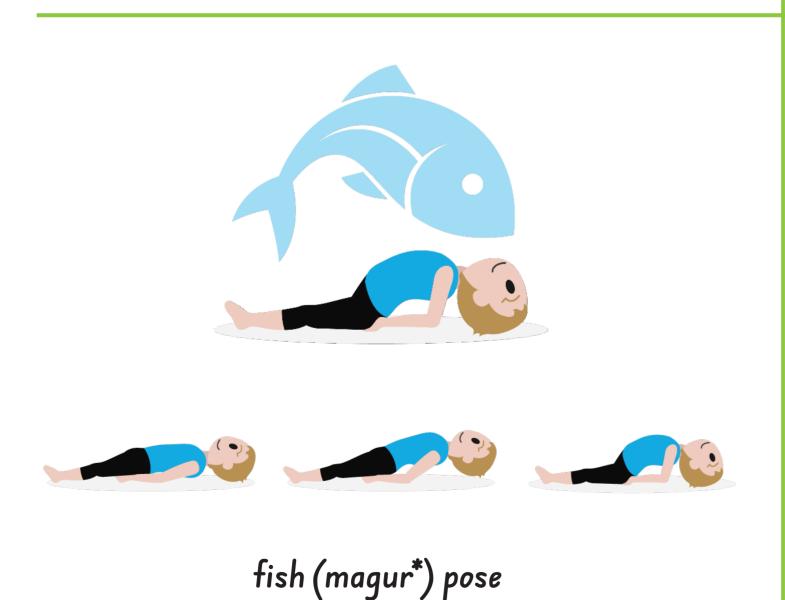


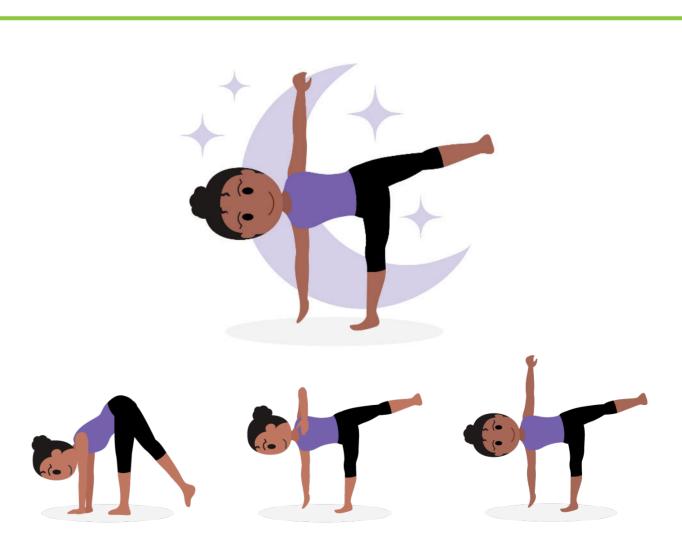












moon (gundang\*) pose

Scan QR code for more resources

\*Darkinyung is the traditional language of the Darkinjung people. Central Coast Local Health District acknowledges the Darkinjung People who are the Traditional Custodians of the lands on which we work and live.