**Flexibility Warm Up**

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| **Topic:**  |
| **Idea** | **Category** |
|  | Arts & Aesthetics |
|  | Basic Needs |
|  | Business & Commerce |
|  | Communication |
|  | Defence |
|  | Economics |
|  | Education |
|  | Environmental |
|  | Ethics & Religion |
|  | Government & Politics |
|  | Law & Justice |
|  | Physical Health |
|  | Psychological Health |
|  | Recreation |
|  | Social Relationships |
|  | Technology |
|  | Transportation |
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