

## TRAVELLING EQUIPMENT

1. *Transfer feet actions to benches and mats, e.g. running, skipping, hopping, jumping.*
2. *Combine different travelling actions, along, over and across the bench.*
3. *Run and jump over the bench.*
4. *Run along the bench and jump off the end.*
5. *Run half way along the bench and jump off sideways. Zigzag jumping over the bench, using one foot to two feet.*
6. *Zigzag over the bench, using two feet to two feet.*
7. *Spring from one foot to the other along the bench.*
8. *Gripping the side of the bench, travel along using hands and feet.*
9. *Grip the side of the bench with hands and travel along springing feet from side to side of the bench.*
10. *Travel along the bench turning while using hands and feet.*
11. *Travel half way along the bench on hands and feet, then find an action with which to move away from the bench.*
12. *Combine different travelling actions using feet to move from one end of the bench to the other.*
13. *Slide along the bench.*
14. *Slide to the middle of the bench, spin and roll off.*

15. *Roll to travel parallel to the bench, turn and cross over the bench.*
16. *Roll to arrive on bench and travel away from bench.*
17. *Roll towards bench turn and travel along the bench.*
18. *Link different actions to travel along the bench, across the mat and away from the mat.*
19. *Link a jump, a roll, an action on hands and feet using bench, mat and floor.*