

Unit 1: Travelling

*LEARNING
OUTCOMES*

The student will:

- *develop skill in travelling actions using feet, hands and feet and whole body*
- *use space with focus on safety and directions.*

EQUIPMENT

CLASS ORGANISATION

STAGE	CONTENT / ACTIVITY	FOCUS ON QUALITY
<i>Warm up & Stretches</i>		
<i>Development</i>		
<i>Climax</i>		
<i>Cool down</i>		