

Unit 2: Travelling & balancing weight

**LEARNING
OUTCOMES****The student will:**

- *extend vocabulary in relation to travelling using changes in direction*
- *explore supporting weight using large body surfaces and combinations of small body parts*
- *link travelling action with supporting weight action.*

EQUIPMENT**CLASS ORGANISATION**

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