

## Unit 3: Balancing weight &amp; travelling

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

- extend experience of weight bearing by moving into and out of balances
- explore the use of speed (quick / slow) moving into and out of balances.

**EQUIPMENT****CLASS ORGANISATION**

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