

Unit 4: Weight transference

*LEARNING
OUTCOMES*

- The student will:*
- *explore the transference of weight, moving from one body part to another body part*
 - *focus on appropriate use of speed and direction.*

EQUIPMENT

CLASS ORGANISATION

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