

Unit 5: Weight transference

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

- *develop linking actions using the recovery of one action to prepare for the next action*
- *select movements based on travelling, balancing weight and weight transference to create a sequence.*

EQUIPMENT**CLASS ORGANISATION**

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