

Unit 6: Weight transference/assessment

*LEARNING
OUTCOMES*

The student will:

- *refine and perform their sequences for assessment*
- *observe and discuss the sequence of others in relation to actions, use of time and space.*

EQUIPMENT

CLASS ORGANISATION

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