

Unit 1: Symmetry and asymmetry

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

- *travel symmetrically and asymmetrically*
- *move into and out of symmetrical and asymmetrical balances*
- *link two or more actions demonstrating the contrast between symmetry and asymmetry.*

EQUIPMENT

Mats, benches, large equipment, workcards.

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