

Unit 2: Symmetry and asymmetry

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

- *develop symmetrical and asymmetrical actions using weight transference*
- *learn the use of acceleration and deceleration to move into and out of these actions*
- *select and link two or more of these actions appropriately.*

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>		