

Unit 3: Twisting and turning

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

- *twist into and out of balance*
- *turn into and out of balance with twisting and turning actions*
- *develop a sequence using actions of twisting and turning*

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>		