

Unit 4: Rotation

**LEARNING  
OUTCOMES**

- The student will:*
- *develop rotation actions through use of axis*
  - *link two actions using vertical axis*
  - *link two actions using lateral axis*
  - *link two actions using horizontal axis*
  - *link rotation actions using a variety of axes*

**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>             |                    |                  |