

Unit 5: Development of sequence

**LEARNING
OUTCOMES**

- The student will:*
- *plan a sequence by selecting actions from the themes of symmetry/asymmetry, balance, rotation, twisting/turning*
 - *select pathways, levels and speed appropriate to the actions of the sequence*
 - *plan the sequence taking account of the equipment layout provided.*

EQUIPMENT

Mats, benches, large equipment.

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