

Unit 6: Sequence work/assessment

*LEARNING  
OUTCOMES*

*The student will:*

- *refine and perform sequence*
- *observe and analyse another student's sequence.*

*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>		