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| Learning Objectives | Skills |
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| * Perform a variety of more advanced actions, balances and body shapes accurately with emphasis on extension and control.
* Perform skills learnt precisely with confidence on both floor and large apparatus.
* Work with body tension and extension.
* Show awareness of each other, the mats, and the equipment/apparatus.
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 | Symmetrical body shapesAsymmetrical body shapesPartner balances – counter tensionPartner balances – counter balance  |
| Key Vocabulary |
| Symmetrical Asymmetrical Counter balanceCounter tensionContrasting ComposeForces  |