|  |  |
| --- | --- |
| Learning Objectives | Skills |
| |  | | --- | | * 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. | | Symmetrical body shapes  Asymmetrical body shapes  Partner balances – counter tension  Partner balances – counter balance |
| Key Vocabulary |
| Symmetrical  Asymmetrical  Counter balance  Counter tension  Contrasting  Compose  Forces |