

Learning Objective

LESSON 1	To explore balance, stability and landing safely.
LESSON 2	To explore how the body moves differently when running at different speeds.
LESSON 3	To explore changing direction and dodging.
LESSON 4	To explore jumping, hopping and skipping actions.
LESSON 5	To explore co-ordination and combination jumps.
LESSON 6	To explore combination jumping and skipping in an individual rope.