

Ideas presented in Unit 13 lesson 1



Find four ways of Travelling using just your hands and feet

Ideas presented in Unit 13 lesson 1

Find three ways of Travelling on your feet

Ideas presented in Unit 13 lesson 1

Find three body schooling activities that you can do very quickly and very slowly, controlling the acceleration or deceleration

Ideas presented in Unit 13 lesson 1

Find two body schooling activities that you can perform at a low, a medium and a high level

Ideas presented in Unit 13 lesson 1

Find two body schooling activities you can perform in a figure of 8 pathway

Ideas presented in Unit 13 lesson 1

Ideas presented in Unit 13 lesson 1 – Additional ideas



Find three body schooling activities in which you can travel sideways

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find two body schooling activities in which you can travel diagonally

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel at a low level

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find two body schooling activities in which you can travel at a high level

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find four body schooling activities in which you can travel slowly

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, using a zig-zag pathway

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, demonstrating a Tuck shape

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, demonstrating a Pike shape

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, demonstrating a Straddle Pike shape

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, demonstrating a Star shape

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, demonstrating a Straight shape

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, demonstrating a Dish shape

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, demonstrating an Arch shape

Ideas presented in Unit 13 lesson 1 – Additional ideas

Find three body schooling activities in which you can travel, demonstrating a Puck shape

Ideas presented in Unit 13 lesson 1 – Additional ideas

Ideas presented in Unit 13 lesson 2



Find three different combinations that you can perform a Roll then a Travel

Ideas presented in Unit 13 lesson 2

Find four ways of Travelling and Turning, using just your hands and feet

Ideas presented in Unit 13 lesson 2

Find three ways of Jumping and Landing onto apparatus

Ideas presented in Unit 13 lesson 2

Find three different combinations of Travel into Roll that you can do very quickly and very slowly, controlling the acceleration or deceleration

Ideas presented in Unit 13 lesson 2

Find two combinations of Jump followed by Balance that you can perform at a low, a medium and a high level

Ideas presented in Unit 13 lesson 2

Find two different combinations of Roll followed by Travel that you can perform in a circular pathway

Ideas presented in Unit 13 lesson 2

Find three different combinations that you can perform a Balance then a Roll

Ideas presented in Unit 13 lesson 2

Ideas presented in Unit 13 lesson 2 – Additional ideas



Find three combinations of a Travelling action followed by a Balance. Use a different Travel and Balance in each combination

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Travelling action followed by a Jump. Use a different Travel and Jump in each combination

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Travelling action followed by another Travelling action. Use different Travelling actions in each combination

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Rolling action followed by a Balance. Use a different Roll and Balance in each combination

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Travelling action followed by a Balance. Use a different Travel and Balance in each combination. Travelling action must be in a forward direction

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Rolling action followed by a Jumping action. Use a different Roll and Jump in each combination. Rolling action must be performed at a low level

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Jumping action followed by a Travelling action. Use a different Jump and Travel in each combination.

Jumping action must be in an oval pathway

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Balancing action followed by a Rolling action. Use a different Balance and Roll in each combination. Rolling action must be performed slowly

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Travelling action followed by a Rolling action. Use a different Travel and Roll in each combination. Travelling action must be in a sideways direction following a triangular pathway

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Rolling action followed by a Travelling action. Use a different Roll and Travel in each combination. Rolling action must be slow and use a Tuck shape

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Jumping action followed by a Balance. Use a different Jump and Balance in each combination. The Balancing action must be at a high level and use a Straddle Pike shape

Ideas presented in Unit 13 lesson 2 – Additional ideas

Find three combinations of a Balance followed by a Travelling action. Use a different Balance and Travel in each combination. Travelling action must decelerate and be at a medium level, following a square pathway

Ideas presented in Unit 13 lesson 2 – Additional ideas
