



Key Knowledge

There are **shapes** that can be performed in **flight** which can construct a **sequence** using **travel** and **balance**. This can be performed on low, medium and high **apparatus**.

My Body

I know that lactic acid builds up in the muscles when there isn't enough oxygen and that it is a by-product of exercise. I know how to warm up and cool down safely and effectively. I know why exercise is good for health, fitness and wellbeing.

Travel on apparatus

