TRAVELLING LARGE EQUIPMENT

1. *Move around the equipment layout using different ways of travelling on each piece.*
2. *Travel round the equipment using the floor and equipment alternately.*
3. *Travel along, over, under and off the equipment.*
4. *Travel along, over and off the equipment using hands and feet only.*
5. *Travel onto and off the equipment using hands and feet only.*
6. *Travel over the equipment using hands and feet only.*
7. *Using hands and feet, travel onto the equipment in one direction and jump off in another direction.*
8. *Step onto the equipment and jump off with a resilient landing.*
9. *Step onto the equipment and jump off sideways or backwards.*
10. *Jump onto the equipment and roll off.*
11. *Jump off the equipment showing different body shapes.*
12. *Using the equipment link together three rolls to make a sequence.*
13. *Create a sequence using all the pieces of equipment, include a jump, a roll and travelling on hands and feet.*

TRAVELLING EXTRA TASKS