	UNIT 2 NAME	They define basic skills and the factors involved in their development.	They are confident about previously acquired skills.	They describe essential elements for the quality of movement.	They accurately master overall coordination activities.	They carry out effectively and safely segmental coordination activities.	They know the functions of the mechanism to have a good balance.	They easily master different types of balance, both static and dynamic.	They know the physical abilities that are involved in developing agility.	They distinguish between different groups of activities that allow us to develop agility.	They practise effective movements including runs and jumps.	They practise movements where we control our body with our arms.	They practise jump activities safely.	They show initiative and perseverance to learn new contents and do the exercises, and develop attitudes of respect and collaboration when working in a group.
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