

Tripod

Before trying this skill you must be able to perform an Inverted 4-point Balance, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include an Inverted 4-point Balance in your sequence work. If you are not able to do any of the above you should practise your Inverted 4-point Balance.

Teaching Points

- Start in a Standing Puck position
- Place hands flat on the floor, shoulder-width apart
- Spread your fingers apart
- Place your hairline on the floor making a triangle with your hands and your head
- Keep your elbows straight
- Look at your fingers
- Lift your knees onto your elbows
- Hold a balanced position



Tripod

Adapting the activity

Enable

- Practise Bunnies
- Practise placing head and hands in a triangle without lifting knees onto elbows

Challenge

- Explore different body shapes in this balance

Health, fitness and well-being

- Core stability
- Balance
- Strength of wrists*

If you can

- Perform a Tripod demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include a Tripod in your sequence work

You can now try a Headstand

