

Bouncing Bunnies

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

Teaching Points

- Angry Cat chest
- Hop by moving from hands to feet to hands to feet
- Keep your hands flat when they are on the floor
- Keep your arms straight when you take weight
- Stay 'angry' when you take your weight
- Get your hips up as high as you can for as long as you can



Bouncing Bunnies

Adapting the activity

Enable

- Practise Angry Cat position
- Extend legs to take weight on hands
- Put hands down and walk feet to hands

Challenge

- Reach hands further forward
- Hold a Puck position over your hands

Health, fitness and well-being

- Strength of shoulders, arms and wrists*
- Speed of rebounding

If you can

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

You can now try the extension activity Stinging Scorpions

Questions

- Can you Bunny in different directions – forwards, sideways, backwards?
- Can you place your hands in different directions?

