

Super Arched Sky Diver

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

Teaching Points

- Lie on your stomach
- Balance on hips and tummy – bend arms and legs
- Squeeze your back and bottom to make the arch
- Lift feet towards the ceiling
- Take your arms around the sides of your body and grab your ankles
- Gently pull up towards the ceiling
- Feel your hips pushing down into the floor



Super Arched Sky Diver

Adapting the activity

Enable

- Sky Divers
- Seals

Challenge

- Rock backwards and forwards
- How high off the floor can you get your legs
- Perform a Super Arched Sky Diver on apparatus

Health, fitness and well-being

- Posture
- Strength of back*
- Flexibility of back*

If you can

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

You can now try Rocking Seals

Questions

- Can you feel your chest lifting high?
- Can you describe what happens to your shoulder blades?
- What do you need to do in order to grab your ankles?

