

Stinging Scorpion

This is an extension activity for more able learners.

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

Teaching Points

- Start in Scorpion with your hands flat on the floor, fingers spread with thumbs about 3cms apart, your feet together
- Look at your hands
- Move one foot forwards slightly and bend that leg
- Strong Angry Cat shoulders
- Push off your front foot and kick the other leg as high as you can
- Do not bend your arms, do not move your hands
- Try with the other leg



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Adapting the activity

Enable

- Forward Lunge Switches
- Front Support Switches

Challenge

- Can you get your back leg straight and as close to vertical as possible?
- Can you take off from a low leg lift Front T balance and land in one?

Health, fitness and well-being

- Co-ordination
- Posture
- Control*
- Strength*

If you can

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

You can now try the extension activity Wheelbarrow Lift

Questions

- What shape do your legs make in the air?
- How long can you keep your legs in the air?

