

Wheeling Crabs

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

Teaching Points

- Start in Crab, reach arm up and over
- Move through Side Star into Scorpion
- Move slowly emphasizing Star Shape
- Think about the pattern and rhythm you can make with your hands and feet
Hand – foot – hand - foot



Wheeling Crabs

Adapting the activity

Enable

- Practise Crab
- Travel forwards, backwards, sideways, spin

Challenge

- Back support through side support to front support

Health, fitness and well-being

- Improves strength of stomach, shoulders, arms and wrists*
- Co-ordination

If you can

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

You can now try Wheeling Stars

Questions

- Can you keep your arms and legs straight as you wheel?

