

Shoulder Dips

Before trying this skill you must be able to perform an Arched Crucifix Shoulder Bridge, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include and an Arched Crucifix Shoulder Bridge in your sequence work. If you are not able to do the above you should practice an Arched Crucifix Shoulder Bridge.

Teaching Points

- Using a bench, perform a Back Support with your feet on the floor and your hands gripping the side edge of the bench
- Bend your arms and push back up to straight arms
- As you push, keep your chin down and lift your body into High Arch Back Support



Shoulder Dips

Adapting the activity

Enable

- High Arch Back Support
- Arched Crucifix Shoulder Bridge

Challenge

- Try lifting one leg off the floor
- Try moving between Back Support and Front Support performing a dip each time

Health, fitness and well-being

- Posture
- Strength of back*
- Flexibility of shoulders & back*
- Core stability

If you can

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

You can now try an Assisted Bridge

Questions

- How many times can you perform the action?
- What shapes do you make as you perform this action?

