

Forward Lunge

Teaching points

- Stand up straight
- Step forward with one foot
- Bend knee forward over toes
- Front leg bent, back leg straight
- Use arms to help use balance

Questions

How far away can you place your foot and still be able to control your balance?



Forward Lunge

Further teaching points

- Stand up straight with arms by your side
- Step forward with one foot taking weight onto front leg, keep hips facing forwards
- Bend knee to be over toes
- As you step, take arms above your head so they create a straight line with the back leg
- Keep back leg straight
- Show good body tension

Adapting the activity

Enable

- Practise walking
- Front Straddle lying down and standing

Challenge

- Place your foot as far away as possible and still keep control
- Stand in straight position, rise up onto balls of your feet, tip forwards so that the body topples forward in a straight position and then break your fall by stepping forwards into a lunge
- Transfer your weight onto the front foot, lifting back leg and hold a one footed balance

Health Related Exercise benefits

Improves

- Posture
- Strength
- Flexibility

Links to previous learning

- > Walking
- > Front Straddle

Links to future learning

- > Front T balance
- > Handstand

