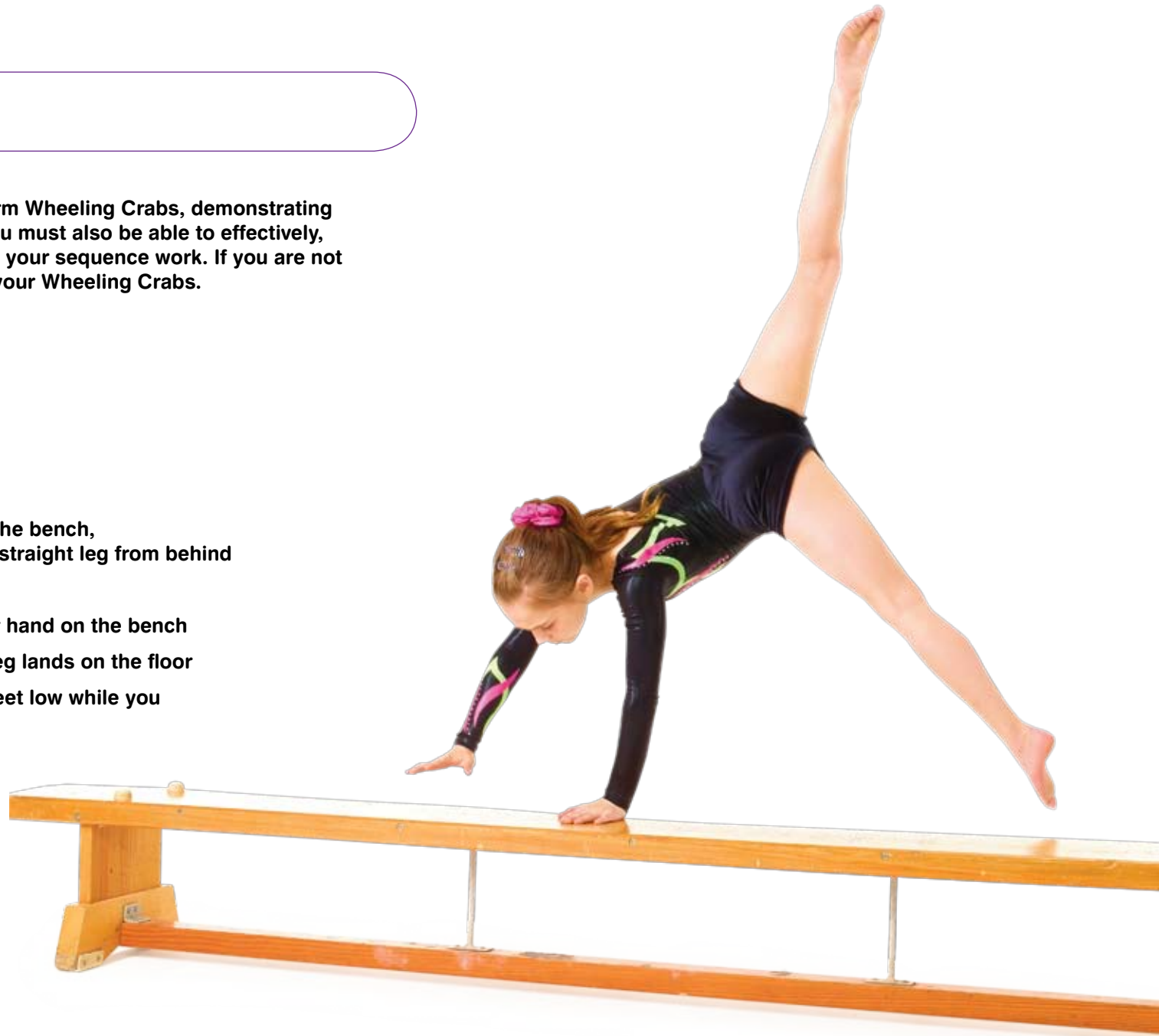


Wheeling Star

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

Teaching Points

- Stand sideways on with back to bench
- Turn your head to look at the bench
- Make a Star and change it into a Side Lunge
- Put the hand on your bent leg side down onto the bench, keep your arm straight and start to swing your straight leg from behind
- You will feel your body start to turn
- Push hard from the bent leg and put your other hand on the bench
- Keep swinging and turning until the swinging leg lands on the floor
- Lift your hips and bottom high and keep your feet low while you are swinging and turning
- Push from your arm and turn your shoulders to stand up in a star with your back to the bench again



Wheeling Star

Adapting the activity

Enable

- Step around from starting position to finishing position to mark out direction

Challenge

- Try to get legs straighter each time
- Try to extend body and find Star Shape

Health, fitness and well-being

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

If you can

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

You can now try a Cartwheel

Questions

- Why do you think your body starts to turn?
- Why do you think you need to keep your feet low?
- Is it easier to perform a wheeling star quickly or slowly?

