

Developing the Push Phase 4

Before trying this skill you must be able to perform Push Phase 3, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include Push Phase 3 in your sequence work. If you are not able to do the above you should practise Push Phase 3.

Teaching Points

- Start in Standing Puck shape
- Lower yourself to the ground and roll backwards
- Keep Angry Cat back throughout
- Roll into Puck Shoulder Stand and place hands flat on the floor by your ears
- Place your thumbs close to ears, with your fingers pointing towards shoulders
- Hold this position and then roll back into Tuck position



Developing the Push Phase 4

Adapting the activity

Enable

- Push Phase 3
- Puck Shoulder Stand

Challenge

- Vary your leg position when in the Shoulder Stand position.
- Roll Over One Shoulder instead of returning to Tuck position. Finish the action in a standing position – ask a partner to help you by holding your hands as you push your arms forward to help you stand
- Perform using apparatus

Health, fitness and well-being

- Control*
- Co-ordination*
- Core stability
- Flexibility
- Posture
- Strength

If you can

- Perform Push Phase 4 demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include Push Phase 4 in your sequence work

You can now try Push Phase 5

Questions

- Are your hands flat on the floor when in Shoulder Stand position?
- Have you got an Angry Cat shape throughout the action?
- Show a friend. Can they see you move from a puck-tuck-puck and back again?

