

Side Support

Teaching points

- Sit on floor in tucked Mermaid position
- Take weight on hand nearest the floor
- Straighten top leg sideways
- Push hips upwards until body and leg are in a straight line
- Straighten other leg and place feet together one on top of the other
- Legs together one on top of the other
- Use other arm to balance



Side Support

Further teaching points

- Trap the Mouse
- Head in line with body
- Show good body tension
- Straighten supporting arm
- Supporting hand flat fingers facing in line with the body
- Wrist directly below shoulder
- Keep hips facing forwards

Adapting the activity

Enable

- Practise Star shape – Side Straddle
- Practise balance on one knee with the other leg straight
- Practise Camel Walking
- Practise Spinning Crabs
- Practise Drawbridges

Challenge

- Extend non-supporting arm straight above supporting arm to create a straight line from one hand to the other
- Try on the other side
- Take one leg off the floor
- Move from side support through front support through side support
- Move from side support through to back support returning to side support
- Spinning support - Move from side support through front support through side support to back support returning to side support
- Side Support into log roll

Health Related Exercise benefits

Improves

- Posture
- Strength in back, upper body and wrists
- Flexibility
- Core Stability

Links to previous learning

- > Camel Walking
- > Spinning Crabs
- > Drawbridges

Links to future learning

- > Balance
- > Cartwheels
- > Pommel Horse work

