

Camel Hops

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

Teaching Points

- Practise a Bunny Hop
- Start in Camel Stand with your legs as close as you can to your hands without bending them
- Keep your hands flat on the floor
- Bend your legs and spring them straight to lift your bottom as high as you can
- Keep your chest angry and your legs apart
- Make a Pike straddle shape in the air and come back down with one foot then the other to finish in Camel position



Camel Hops

Adapting the activity

Enable

- Practise a Bunny Hop

Challenge

- Try to get your hips higher each time
- Try landing left foot first
- Try landing right foot first

Health, fitness and well-being

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

If you can

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

You can now try Wheeling Crabs

Questions

- Why do you have to bend your knees to help you spring up?
- Which foot do you find it easier to land on first?

