

Arched Crucifix Shoulder Bridge

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

Teaching Points

- Lie on your back on the floor
- Bend your legs so that your feet are flat on the floor
- Stretch your arms out so that they are parallel to your shoulders
- Curl the bottom of your spine up and then gradually lift your back off the floor – one vertebra at a time
- Keep doing this until your back is lifted off the floor and you are supporting your weight on your shoulders
- Keep a Happy Cat back; whilst in this position make an Arched Crucifix Bridge
- Reverse the action to lower your back to the floor
- Make an Angry Cat back whilst you are doing this



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Adapting the activity

Enable

- Shoulder Bridge

Challenge

- Lift one leg off the floor
- Perform an Arched Crucifix Shoulder Bridge on apparatus

Health, fitness and well-being

- Posture
- Flexibility of shoulders & back*
- Strength of back*
- Core stability

If you can

- Perform an Arched Crucifix Shoulder Bridge, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include an Arched Crucifix Shoulder Bridge in your sequence work

You can now try Shoulder Dips

Questions

- How can you ensure each of your vertebrae comes off the floor?
- Can you feel your chest lifting high?
- How long can you hold the balance?

