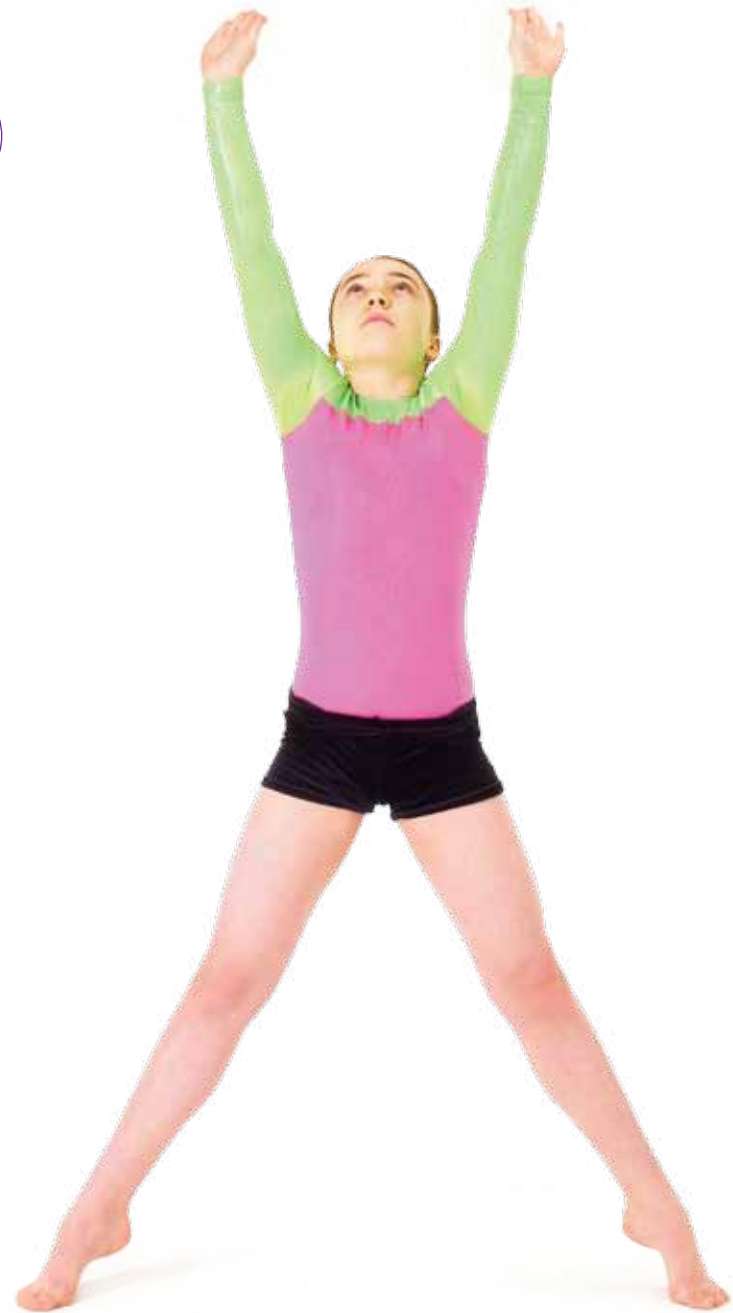


Shooting Stars

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

Teaching Points

- Side step sideways making a Star Shape, stop in Side Lunge and start side stepping again in the opposite direction by pushing off the bent lunging leg



Shooting Stars

Adapting the activity

Enable

- Practise Foundation shapes Straight and Star, showing good body tension
- Lie on the floor face up, tense your body and grow as tall and as wide as you can
- Then turnover and lie face down, tense your body and grow as tall and as wide as you can
- Then stand up, rise onto the balls of your feet, make a Star Shape, look at your hands and stretch

Challenge

- How high can you get when you are side stepping?
- Can you keep your arms in a still position while you side step?
- Can you keep a clear Star Shape as you travel?
- Can you spin and travel on the balls of your feet in the Star position

Health, fitness and well-being

- Posture*
- Balance

If you can

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

You can now try Bouncing Bunnies

Questions

- How long can you hold the Star Shape on the balls of your feet?

