

Rolling Backwards into Puck Shoulder Stand

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

Teaching Points

- Start in Tuck position
- Roll backwards keeping Angry Cat back
- Roll into Shoulder Puck shape Shoulder Balance
- Put your hands on your hips to support you
- Roll back to starting position



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Adapting the activity

Enable

- Shoulder Stand
- Rocking and Rolling
- Puck shape

Challenge

- Perform the action without using your hands to support (see Module 2 Shoulder Stand)
- Vary your leg position once in your shoulder stand
- Make a symmetrical/asymmetrical shape with your legs
- Explore different ways of exiting your Shoulder Stand
- Perform rocking backwards into Puck Shoulder Stand on apparatus

Health, fitness and well-being

- Balance
- Flexibility
- Core stability*
- Posture

If you can

- Perform Rolling Backwards into Puck Shoulder Stand, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include Rolling Backwards into Puck Shoulder Stand in your sequence work

You can now try Roll Over One Shoulder

Questions

- Are your knees together all the time?
- Have you got an Angry Cat back throughout the action?
- How long can you hold this balance for?

