

Bridge Challenges

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

Challenge

- Vary your leg position by lifting one leg off the floor
- Close your feet together and move your feet away so that your legs are as straight as possible
- Push your shoulders so they are directly above your hands
- Perform a Bridge with hands on the floor and feet on apparatus
- Perform a Bridge with hands on apparatus and feet on the floor
- Perform a Bridge with hands and feet on different pieces of apparatus
- What else could you try?

Health, fitness and well-being

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| • Control* | • Core stability | • Posture |
| • Co-ordination* | • Flexibility | • Strength |

If you can

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

You have now successfully completed all the activities in this family of skills



Links to future learning

With support from your teacher or gymnastics coach perform:

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| • Handstand to Bridge | • Forward and Backward Walkovers |
| • Handspring | • Back Flip |

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