

Wheelbarrow Lift

This is an extension activity for more able learners.

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

Teaching Points

- Working in groups of five
- One learner attempting the handstand, two learners one either side, supporting your shoulders and the other two learners lifting a leg each
- Start in Front Support with your hands flat on the floor, fingers spread with thumbs about 3cms apart, your legs in Straddle position
- Look at your hands, keep your arms straight, do not move your hands, grip with your fingers and keep strong Angry Cat shoulders
- The learners slowly lift you into the Handstand position
- You must keep your body tight by Trapping the Mouse
- Push through your hands so that you are as tall as you can be
- Try to feel the balance position in the Handstand
- Lifters lower you slowly back to the floor



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Adapting the activity

Enable

- Forward Lunge Switches
- Front Support Switches

Challenge

- Can you demonstrate a different shape with your legs in the handstand? Discuss this with your lifters so they know what you are attempting and can support you accordingly

Health, fitness and well-being

- Co-ordination
- Posture
- Control*
- Strength*

If you can

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

You can now try the extension activity Front Support into Handstand

Questions

- What shape do your legs make in the air?
- How long can you hold the handstand?

