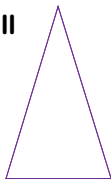


Headstand

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

Teaching Points

- Never roll out of a Headstand
- Make a 6-point Balance using your feet, knees and hands
- Bend your arms and put the highest part of your forehead on the mat
- Make a triangle with your head at the top and hands at the bottom
- KEEP YOUR HANDS FLAT
- Make your triangle quite tall



- Take your knees away from the floor
- Take most of the weight on your hands. DO NOT MOVE YOUR HANDS
- Move your feet closer to your hands
- Take one foot off the mat, bend your leg, hold steady
- Take the other foot off the mat, bend your leg, hold steady
- Push on your hands keeping your elbows straight and still
- Straighten your legs upwards



Headstand

Adapting the activity

Enable

- Inverted 4-point Balance
- Tripod

Challenge

- Try to vary the shape your legs are making

Health, fitness and well-being

- Core stability
- Balance
- Strength of wrists

If you can

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

You can now try the Headstand Challenges

Questions

- Do you need to get your feet close to your hands to get both feet off the mat?
- How long can you hold this balance for?
- Can you take both feet off the floor at the same time?



Headstand

