

Cartwheel Challenges

This is an extension activity for more able learners.

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

Challenges

- Change the way you wheel to face forwards or backwards as you finish your Cartwheel?
- Cartwheel from the side lunge position?
- Perform a cartwheel using apparatus
- Explore entries and exits
- What else could you try?

If you can

- Perform a variety of Cartwheels, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include a variety of Cartwheels 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:

- | | |
|------------------------|--------------------|
| • Tinsica | • Barani |
| • One-handed Cartwheel | • Aerial Cartwheel |
| • Side Somersault | • Circus Wheel |



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