

Developing the Push Phase 5

Before trying this skill you must be able to perform Push Phase 4, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include Push Phase 4 in your sequence work. If you are not able to do the above you should practise Push Phase 4.

Teaching Points

- Sit on the floor with your back against a wall or piece of apparatus
- Lift your arms upwards and place your hands on the wall
- Keep your thumbs close to ears and your fingers pointing towards shoulders
- Push strongly away from the wall or apparatus, keeping your chin on your chest and Angry Cat back



Developing the Push Phase 5

Adapting the activity

Enable

- Push Phase 4

Challenge

- Sit in V Sit position and perform that same pushing action against the wall

Health, fitness and well-being

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

If you can

- Perform Push Phase 5, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include Push Phase 5 in your sequence work

You can now try Rolling Backwards Down a Slope

Questions

- Are your hands flat on the wall?
- Have you got an Angry Cat shape throughout the action?

