

Headstand Challenges

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

Teaching points

- Never roll out of a Headstand
- Never make an Arch or a Tuck in a Headstand

Challenge

- Try and hold the Headstand for a longer period of time
- Headstand with legs in straddle / in an asymmetric shape
- Make a dish shape
- Try to start and finish in straddle
- Perform a Headstand on a box top
- Perform a Headstand using apparatus
- Perform a Headstand with one hand on a piece of apparatus
- What else could you try?

Health, fitness and well-being§

- Core stability
- Strength of wrists
- Balance*

If you can

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

- Headspring

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