

Developing the Push Phase 3

Before trying this skill you must be able to perform Push Phase 2, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include a Push Phase 2 in your sequence work. If you are not able to do the above you should practise a Push Phase 2.

Teaching Points

- Start in Standing Tuck
- Fall onto your hands, bend arms and push backwards with control to overbalance, initiating a roll backwards
- Roll into Puck Shoulder Stand with hands flat on the floor by your ears
- Return to Tuck position



Developing the Push Phase 3

Adapting the activity

Enable

- Push Phase Card 2
- Puck Shoulder Stand

Challenge

- Vary your leg position when in the Shoulder Stand position
- Finish the action in a standing position – ask a partner to help you by holding your hands as you push your arms forward to help you stand
- Can you Roll Over One Shoulder?
- Perform using apparatus

Health, fitness and well-being

- Control*
- Flexibility
- Co-ordination*
- Posture
- Core stability

If you can

- Perform Push Phase 3, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include Push Phase 3 in your sequence work

You can now try developing the Push Phase 4

Questions

- Are your hands flat on the floor when in Shoulder Stand position?
- Have you got an Angry Cat shape throughout the action?
- What do you need to do to overbalance in control?

