

High Hip Hares

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

Teaching Points

- Stand facing a bench then Forward Lunge into a High Hip Hare by kicking up one foot then the other to land on the floor beside the bench with one foot then the other (left right/right left)
- Then perform without the bench so Forward Lunge into High Hip Hare on the floor by kicking up and landing one foot then the other foot (left foot then right foot, or right foot then left foot)



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Adapting the activity

Enable

- Practise High Hip Hares Over Bench

Challenge

- Forward Lunge and extend angle of approach and dismount (fan shape), so that your feet land further away from your take-off point each time, use plastic spots, hand and feet markers, chalk to increase angle.



Health, fitness and well-being

- Improves strength of shoulders, arms and wrists*
- Co-ordination

If you can

- Perform High Hip Hares on the floor, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include High Hip Hares in your sequence work

You can now try Extended Camel Walking

Questions

- Why do you have to keep arms straight?
- Is it easier or more difficult to perform High Hip Hares Over Bench or on the floor?

