

Handstand Challenges

This is an extension activity for more able learners.

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

Challenge

- Demonstrate different leg positions
- Explore entrances and exits
- Perform a handstand using apparatus
- Walk on hands
- What else could you try?

Health, fitness and well-being

- Co-ordination
- Posture
- Control*
- Strength*

If you can

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

- Handstand Forward Roll
- Walk on hands turning about a fixed point
- Forward Walkover
- Tinsica
- Handspring

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