

Toppling Statues

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

Teaching Points

- Work in threes, stand one in front of the other in a line, facing forwards, learner in the front turn to face the learner in the middle
- The learner in the middle performs an Inverted Handstand with the other two learners performing Forward Lunges towards the learner in the middle
- Make sure the learners on the outside can reach and touch the learner in the middle
- Learner in the middle topples forwards without losing their handstand shape, learner in front catches the toppling learner by placing hands on chest or shoulders and taking the toppler's weight, then gently pushes the toppler backwards
- Once upright again, the toppler falls backwards and is again caught by the learner behind them who places their hands on the toppler's shoulder blades. The learner at the back takes the toppler's weight and then gently pushes the toppler back to vertical again
- Repeat so all three learners experience all three roles



Toppling Statues

Adapting the activity

Enable

- Straight shape
- Trap the Mouse
- Forward Lunge

Challenge

- How far can you take the toppler's weight?
- How far away from one another can you stand and still perform this safely?

Health, fitness and well-being

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

If you can

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

You can now try Topple into Forward Lunge

Questions

- What do you have to do to keep your shape as you topple forwards?
- As a catcher what do you need to watch to ensure this activity is carried out safely?

