

Support Train Walk

Teaching Points

- Working with a partner
- One pupil perform a Front Support position and then the other pupil perform a Front Support position in front of them with the pupil in front's feet on the shoulders of the pupil behind
- Pupil in front has hands on the floor
- Once in Support Train position walk slowly forwards a few steps
- Pupil behind helps the pupil in front to dismount
- Change roles after a set time, for example 30 seconds

Questions

- What do you need to discuss as a pair to be successful at this activity?
- Can you think of other ways of getting into the Support Train position?



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Adapting the activity

Enable

- Practise Front Support position
- Practise Support Train position without walking
- Play Sleeping Camels
- Practise Caterpillar Walking
- Practise Front Support walking in unison, one in front of the other, but not connected

Challenge

- Try to move in different directions
- Try to build a longer train with more pupils
- Try one pupil in Back Support and one pupil in Front Support
- Pupil in front tries to lift one leg up

Health, fitness and well-being

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|-------------------|-----------------|
| • Strength* | • Body Tension |
| • Core stability* | • Co-ordination |

