

Developing the Push Phase 1

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

Teaching Points

- Start in Angry Cat
- Bend arms and push strongly so your hands leave the floor
- Straighten arms
- Keep Angry Cat back
- Return to Angry Cat keeping wrists and elbows soft



Developing the Push Phase 1

Adapting the activity

Enable

- Angry Cat
- Stand facing a wall and try this action using the wall.
Place your hands on the wall and bend arms as above to push off the wall

Challenge

- Vary your arm position once you have pushed off the floor, ensuring safe return
- Try and clap before your hands return to the floor
- Perform using apparatus

Health, fitness and well-being

- Co-ordination
- Posture*
- Core stability
- Strength*

If you can

- Perform Push Phase 1, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include Push Phase 1 in your sequence work

You can now try developing the Push Phase 2

Questions

- Are your hands shoulder width apart?
- Are your hands flat on the floor?
- Have you got an Angry Cat shape throughout the action?
- What do you need to do to hold the position for longer?

