

Bunnies Over Bench

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

Teaching Points

- Start on the bench with both hands and feet on bench
- Keeping hands on the bench bounce both feet off together to land on the floor
- Then bounce feet back onto the bench trying to get your hips higher each time
- Then Bunny Hop over the bench again keeping hips as high as you can



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Adapting the activity

Enable

- Practise Bunnies
- Practise Angry Cat

Challenge

- Count how many Bunnies it takes to travel the length of the bench
- Now try to increase the number
- Now try to decrease the number

Health, fitness and well-being

- Improves strength of shoulders, arms and wrists*
- Speed of rebounding
- Balance

If you can

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

You can now try High Hip Hares Over Bench

Questions

- How high can you get your hips?
- Is it easier to Bunny Over Bench from a stationary position or to travel along the bench?

