

Front Support Switches

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

Teaching Points

- Start in Front Support
- Move one foot forwards so that your leg is bent
- Push quickly off your bent leg
- Change legs in a piston-like action to land back in Front Support with the other leg forward



Front Support Switches

Adapting the activity

Enable

- Forward Lunge
- Spotty Dog Jumps

Challenge

- How many can you do in 30 seconds?

Health, fitness and well-being

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

If you can

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

You can now try Bouncing Bunnies

Questions

- How do you maintain a strong balanced Front Support?

