

Sunbathing Crabs

How to play / Teaching points

Pupils move around the hall using Crab walking. A small number of pupils work as shape changers. These pupils agree to work as hard and as fast as they can.

When tagged by a shape changer the pupil stops and walks their feet forward into back support position. They stay in this position until they are tagged again when they move their feet back in and begin Crab Walking again.

Adapting the activity

Enable

- Practise Crab walking
- Practise Back support position
- Move from Crab Walking into cup or pike position
- Practise cup and pike positions
- Move from Crab walking into a held inverted (tummy up) bridge shape
- Practise inverted (tummy up) Bridge shape
- If pupils are unable to hold back support allow them to hold either an inverted bridge or a cup or pike position and return to Back support when they can

Challenge

- Encourage shape changers to set targets for the number of people they are going to tag in a certain time limit
- Encourage pupils to move in all directions
- Allow pupils to change into Back support position when they want to without shape changers
- Once in Back support position rotate over into Front support or Side support and then return to Back support
- Once in Back support sit down into pike position with hands on floor behind and perform tricep dip(s).

Health Related Exercise benefits

- Strength of shoulders, arms and wrists
- Stamina

Links to future learning

- > Pommel horse activities

