

Developing the Push Phase 2

Before trying this skill you must be able to perform Push Phase 1, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include Push Phase 1 in your sequence work. If you are not able to do the above you should practise Push Phase 1.

Teaching Points

- Start in Standing Tuck
- Fall onto your hands, bend arms and push back to crouch position
- Keep Angry Cat back throughout the action



Developing the Push Phase 2

Adapting the activity

Enable

- Push Phase 1

Challenge

- Clap before hands reach the floor
- Perform using apparatus

Health, fitness and well-being

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

If you can

- Perform Push Phase 2, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include Push Phase 2 in your sequence work

You can now try developing the Push Phase 3

Questions

- Are your hands flat on the floor?
- Have you got an Angry Cat shape throughout the action?
- What might happen if you push too hard?

