

Sunbathing Crabs

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

Teaching Points

Learners move around the hall using Crab Walking

- A small number of learners work as shape changers. These learners agree to work as hard and as fast as they can
- When tagged by a shape changer, the learner 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



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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

Challenge

- Encourage shape changers to set targets for the number of people they are going to tag in a certain time limit
- Encourage learners to move in all directions
- Allow learners 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

Health, fitness and well-being

- Posture
- Flexibility of shoulders & back
- Strength of back
- Core stability

If you can

- Perform Sunbathing Crabs, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include sunbathing crabs in your sequence work

You can now try a Shoulder Bridge

Questions

- Which directions can you move in to avoid being tagged?
- What do you need to do to ensure your hips stay as high as they can when you are Crab Walking?

