

Rocking Seals

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

Teaching Points

- Lie on stomach
- Place hands under shoulders
- Push up so that your arms straighten
- Happy Cat back
- Keep eyes facing forward
- Bend your arms and rock forward onto your chest so that your legs come off the floor
- Push to rock back onto you thighs
- Keep arch back throughout and good body tension



Rocking Seals

Adapting the activity

Enable

- Seals
- Super Arched Sky Diver

Challenge

- Vary the speed as you perform it
- Turn around in a circle
- Perform Rocking Seals on apparatus

Health, fitness and well-being

- Core stability
- Flexibility*

If you can

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

You can now try a High Arch Back Support

Questions

- Are your feet together all the time?
- How do you stay arched throughout the action?

