

Bridge

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

Teaching Points

- Lie on your back with your legs bent, feet close to your bottom
- Arms bent, take your hands and place flat on the floor, finger tips close to your shoulders ready to push
- Make sure your hands are as close to your shoulders as possible and your feet are a comfortable distance in front of your bottom
- Straighten your arms and legs at the same time and lift your chest as high as possible



Bridge

Adapting the activity

Enable

- Crucifix Shoulder Bridge
- Assisted Bridge

Challenge

- Try varying your leg position by lifting one leg off the floor
- Close your feet together and move your feet away so that your legs are as straight as possible

Health, fitness and well-being

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

If you can

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

You can now try the Bridge Challenges

Questions

- How long can you hold your Bridge position?



Bridge

