

Extended Camel Walking

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

Teaching Points

- Hands and feet on the floor
- Legs straight and apart with bottom high
- Move hands and feet to walk in as wide a shape as possible, aiming to lift the same side arm and leg to at least perpendicular to the floor. The same side arm and leg work as a pair
- Angry Cat shoulders, hands flat with ankles and toes stretched



Extended Camel Walking

Adapting the activity

Enable

- Practice Camel Walking
- Practice Foxes

Challenge

- Try walking in all directions

Health, fitness and well-being

- Improves strength of stomach, shoulders, arms and wrists*
- Flexibility of spine, hips and legs

If you can

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

You can now try Circling Camels

Questions

- How long can you hold your legs and arms out to the side for?
- How slowly can you walk?
- How quickly can you walk?

