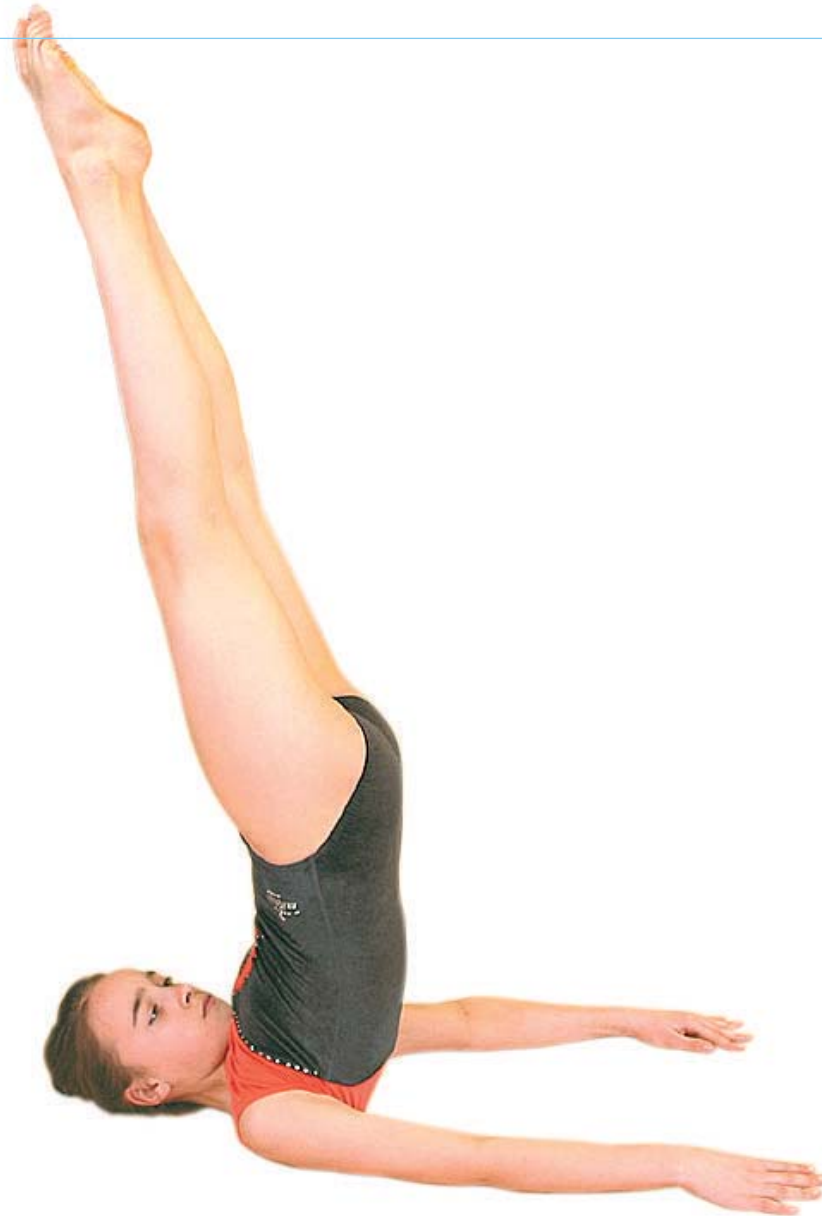


Shoulder Stand

Teaching points

- Sit on floor in tuck shape
- Roll/rock backwards onto shoulders
- Press arms into floor
- Once balanced on shoulders in tuck shape, extend legs vertically until body and legs are in a straight line
- Show good body tension with toes pointed
- Hold position
- Tuck legs back into chest
- Roll/rock back until sitting in tuck shape



Shoulder Stand

Further teaching points

- Angry Cat position throughout
- Move from tuck through puck, through dish into straight and return through dish, puck to tuck

Adapting the activity

Enable

- Practise rocking
- Practise Angry Cat
- Practise tuck, puck, dish and straight shapes
- Practise Drawbridges
- Practise Front support
- Use arms to support back

Challenge

- Hold different positions/shapes while in shoulder stand – for examples – pike, straddle pike, dish etc
- Roll back down from shoulder stand to stand up
- Roll out over one shoulder onto one knee

Health Related Exercise benefits

Improves

- Posture
- Stomach strength
- Flexibility

Links to previous learning

- > Rocking
- > Angry Cat
- > Tuck
- > Puck
- > Dish and Straight shapes
- > Drawbridges
- > Front support

Links to future learning

- > Balance
- > Rolling – forward & backward roll

