

Cartwheel

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

Teaching Points

- Use a sloping mat if available
- Topple forwards into Forward Lunge
- Put the hand on the same side as your lunging leg on the mat just in front of it
- Swing your back leg strongly and reach forward with your other hand to make a straight line with your hands and feet
- Turn that hand slightly around and back towards you
- Push very strongly off your bent leg as you keep the back leg swinging all the way over your head
- By the time the bent lunging leg has straightened you should be upside down in a Side Straddle (Star) shape
- You should have enough swing to push off your hands to land standing up in a Side Straddle (Star) shape – hand, hand, foot, foot



Cartwheel

Adapting the activity

Enable

- Practice Cartwheel family cards
- Practise down a slope

Challenge

- Try to Cartwheel along a line
- Cartwheel off a bench

Health, fitness and well-being

- Improves strength of shoulders, arms and wrists
- Flexibility of shoulders
- Co-ordination

If you can

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

You can now try the Cartwheel Challenges

Questions

- Can you feel the Star shape as you are Cartwheeling?
- Why do you have to push off strongly from your bent leg?
- Is there anything you can do to improve your Cartwheel?
- What do you need to do to be successful at a Cartwheel?



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