

Sky Diver

Questions

What happens to the body shape when it “flips”?



**Balance on hips and tummy-bend legs and arms.
Lift shoulders, hands and feet to the ceiling.**

Sky Diver

Further teaching points

- Ensure the knees are off the floor
- Squeeze the back and bottom to make the arch

'Hitting turbulence'

- Keep arch body shape whilst rocking – forward and backwards/ side to side
- Maximum body and limb movement in 'all directions' rocking
- Try to keep arms and legs clear of the floor.

Adapting the activity

Enable

- Practise happy cat chest
- Lift legs only
- Lift arms only

Challenge

- Hold the position in turbulence
- Flip the position
- Spin on stomach whilst holding position

Health, fitness and safety

Improves

- Strength of back
- Flexibility of back

Links to future learning

- > Balance
- > Rotation

