

Topple into Lunge

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

Teaching Points

- Stand up straight
- Rise up onto the balls of your feet and perform an Inverted Handstand
- Flex your wrists and look at your hands, fingers spread, thumbs 3cms apart and hold this for three seconds
- Then topple/fall forwards, without losing your shape, and land in a Forward Lunge



Topple into Lunge

Adapting the activity

Enable

- Horizontal Handstand
- Forward Lunge

Challenge

- Can you repeat lunging onto the other leg?

Health, fitness and well-being

- Co-ordination
- Posture*
- Control*
- Strength

If you can

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

You can now try Front Support Switches

Questions

- How can you make sure you keep your handstand shape as you topple?

