

Camel Walking

- Hands and feet on the floor
- Legs straight and apart, bottom high
- Lift same side hand and leg together to walk in a wide shape

Questions

How close can you get your feet to your hands?

How high can you lift your arm and leg?



Camel Walking

Further teaching points

- Pupils should try to show the angry cat chest
- The aim is to walk by alternating the side of the body used e.g. right arm and right leg then left arm and left leg, then right arm and right leg and so on
- Keep bottom as high as you can
- Keep arms and legs straight

Adapting the activity

Enable

- Walk like a fox (legs bent)
- Make camel shape and hold still
- Keep feet a comfortable distance from hands

Challenge

- Try to get feet closer to hands
- Try to get feet closer together
- Move more quickly / spin around 360°

Health, fitness and safety

Improves

- Strength of stomach, shoulders and arms
- Flexibility of spine and hips

Links to future learning

- > Front support
- > Handstand

