

Side Lunge

Teaching points

- Stand up in a Star shape
- Bend one knee out to be over toes
- One leg bent the other leg straight
- Use arms to help you balance

Questions

How far away can you place your foot and still be able to control your balance?



Side Lunge

Further teaching points

- Start standing up in a straight position, emphasize 'Trap the Mouse'
- Place one leg one foot to the side, keep Hips facing forwards
- Bend the knee of that foot over the toes
- Keeping the other leg straight
- Use arms to balance by holding out straight to the sides at shoulder height, fingers together palms facing downwards
- Show good body tension

Adapting the activity

Enable

- Practise star shape, lying and standing

Challenge

- Place your foot as far away as possible without losing control
- Take all your weight onto the bent leg and lift the other leg off the floor and hold a one footed balance

Health Related Exercise benefits

Improves

- Posture
- Strength
- Flexibility

Links to previous learning

- > Star shape
- > Side straddle

Links to future learning

- > Side T balance
- > Cartwheel

