

Horizontal Handstand

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

Teaching Points

- Lie on the floor face up
- Take your arms above your head and keep them straight
- Flex your wrists so that your fingers point towards the floor, fingers spread with thumbs about 3cms apart
- Legs straight, pointed toes and stretched ankles
- Trap the Mouse, making yourself as tall as you can by pushing your hands away from you
- Lift chin to look at your hands
- Turn on to your front and repeat



Horizontal Handstand

Adapting the activity

Enable

- Straight shape
- Trap the Mouse

Challenge

- Can you hold a front straddle shape on your back?
- Can you roll from your front to your back maintaining a straight shape or a dish shape?

Health, fitness and well-being

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

If you can

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

You can now try Toppling Statues

Questions

- How can you make sure your knees are as close together as possible?
- How can you make sure your ankles are as close together as possible?
- How long can you hold this position for?

