

Front Support to Handstand

This is an extension activity for more able learners.

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

Teaching Points

- Work in threes, one performing the Handstand, one supporting your shoulders and one supporting your hips and legs. Supporters positioned one each side behind your hands
- Start in Front Support with your hands flat on the floor, fingers spread with thumbs about 3cms apart, your feet together
- Look at your hands
- Move one foot forwards slightly and bend that leg
- Strong Angry Cat shoulders
- Push strongly off your front foot and kick both legs as high as you can trying to keep them straight
- As you push supporters take weight as necessary
- Do not bend your arms, do not move your hands, grip the floor with your fingers, stay looking at your hands
- Try to feel the balance position in the Handstand
- Come back down from the Handstand with first one leg then the other
- Feel the Forward Lunge position as you bring the first leg down



Front Support to Handstand

Adapting the activity

Enable

- Wheelbarrow Lift
- Perform against a wall
- Perform on a gentle slope

Challenge

- Can you kick up into the Handstand with passive (there just in case) support?

Health, fitness and well-being

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

If you can

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

You can now try the extension activity Handstand

Questions

- What shape do your legs make in the air?
- How long can you keep your legs in the air?

