

Camel Walking

- Hands and feet on the floor
- Legs straight and apart, bottom high
- Move hands and feet to walk in a wide shape

Questions

How close can you get your feet to your hands?

Can you walk with your legs closer together?



Camel Walking

Further teaching points

- Pupils should try to show the angry cat chest
- The aim is to walk with alternative hands and feet keeping bottom high

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 Related Exercise benefits

Improves

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

Links to future learning

- > Front support
- > Handstand

