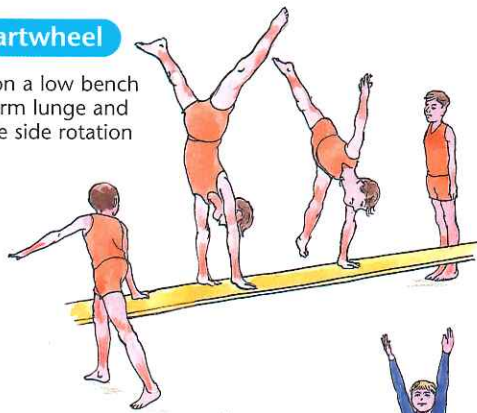


Introduction to handstands and cartwheels

Cartwheel

Start on a low bench
Perform lunge and
simple side rotation



Bunny hops

Aim to lift hips over shoulders



Metronome



Metronome

- Working as a trio, start standing close together in a line.
- Two supporters rock the person in the middle back and forward.
- Restrict distance the person moves to a short distance. Maximum distance of movement to be between numbers 11 and one on the clock face.
- Person in the middle maintains a tense body with arms held by their sides.
- Do not move beyond the range indicated.

Straight
back



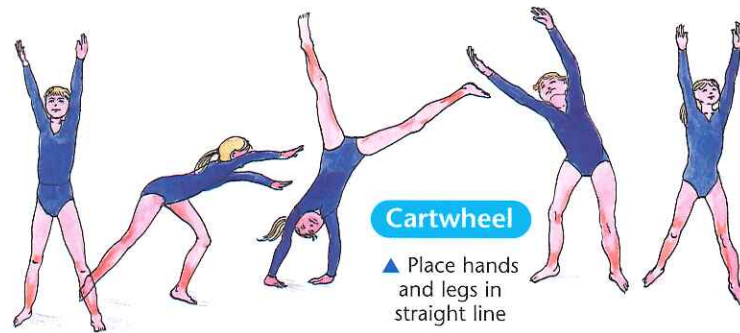
Good posture is
important



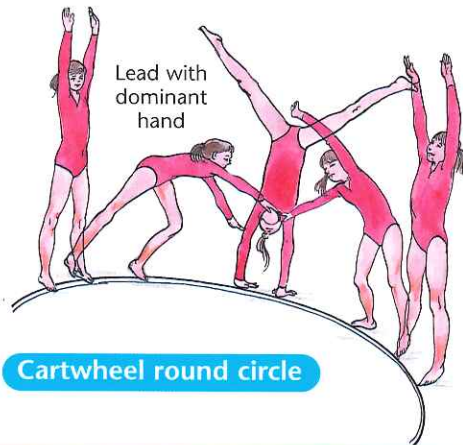
Good body tension
Arms shoulder width
apart and straight

Cartwheel

▲ Place hands
and legs in
straight line



Lead with
dominant
hand



Cartwheel round circle

Handstand

Stretch
into this
position



Think INC.

Children may need help understanding how to support body-weight on their hands. The use of straight arms should be taught, practised and emphasized.

Vocabulary

Quarter turn, half turn, sideways, lateral, continuous, strength, flexible, suppleness, approaching, leaving

Safety: Ensure the children: ▲ know how to return from handstand without falling over onto back or collapsing N.B. Do not expect all children to be able to perform a full handstand ▲ check that hands are placed correctly for cartwheel • have sufficient space for their work and are aware of others when completing tasks • show competence on floor before trying skills on apparatus.