

Handstand

This is an extension activity for more able learners.

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

Teaching Points

- Stand tall in a Straight Shape, with your arms straight above your head
- Keep your feet together, your body straight Trapping the Mouse and topple forwards
- When you feel off balance, step strongly into a Forward Lunge position
- Bring your chest as quickly as possible to the thigh of your bent lunging leg and keep your eyes looking at your hands
- Push quickly and strongly off your bent lunging leg and swing the back leg upwards to help you achieve a Handstand
- Have a partner ready to support you as necessary
- Make an Angry Cat chest to keep a dish shape on the way up to the Handstand
- Once in the Handstand grow into a straight shape by pushing through your hands and shoulders
- Feel the balance in Handstand
- Come back down one leg at a time, pass through forward lunge position as you return to standing
- Stand straight and tall to finish with your arms above your head



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Adapting the activity

Enable

- Front Support to Handstand
- Perform against a wall
- Perform on a gentle slope

Challenge

- How long can you hold the Handstand for?
- Can you perform a Handstand using apparatus?
- Can you demonstrate different shapes with your legs?
- Can you walk on your hands?

Health, fitness and well-being

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

If you can

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

You now try the extension activity Handstand Challenges

Questions

- Where are you looking?
- What does the balance position feel like?
- As you form your handstand can you feel the Topple – Lunge – Thrust – Swing – Balance – Forward Lunge – Straight?



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