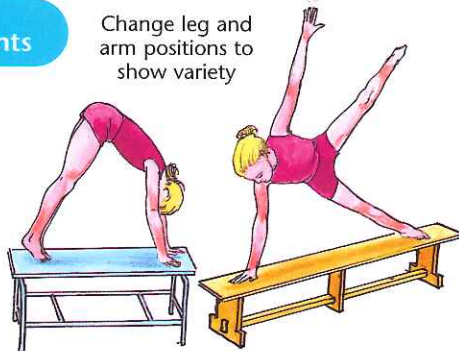




### Two, three and four points

Support on two hands and one foot

Change leg and arm positions to show variety



### Front support

Arms straight, shoulder width apart

Start from kneeling with both hands on floor



### Back support

Legs squeezed tight, feet together



Weight on hands



Lock elbows against knees



Support on hands

### Using two hands and feet

**Crab**  
Trunk flat and parallel to floor

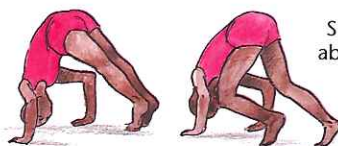


▲ **Bridge**  
Weight over shoulders, avoid bending in lower back

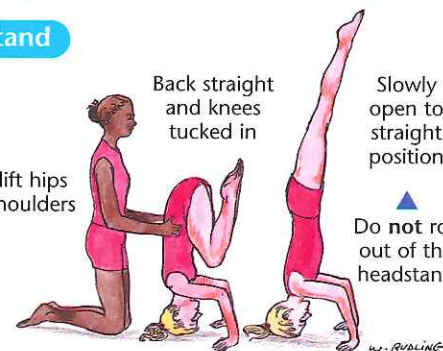


### Stages towards headstand

▲ Walk up do not kick



Slowly lift hips above shoulders



Back straight and knees tucked in

Slowly open to straight position

▲ Do not roll out of the headstand

W. RUDLING

### Front and back support tag



### Front and back support tag

- Three or four children are selected to tag other members of the class.
- When they get caught they must take up a position in front or back support.
- They are released when another 'free' player touches them.
- First play as a walking game and then introduce other ways of travelling.

### Think INC.

Allow children to make shapes in different positions, challenging them to get as close as possible to the activities shown on the card.

### Vocabulary

Front support, back support, push up, tension, squeeze, perpendicular, triangular, stable, bridge, headstand, half lever

**Safety:** Ensure the children: ▲ do not kick up into headstand or roll forward out of it ▲ avoid overarch in lower back when performing bridge (do not expect everyone to achieve this position) ▲ do not put weight on forehead in headstand, place top of head on floor and only hold the position briefly • have sufficient space for their work and are aware of others when completing tasks • show competence on floor before trying skills on apparatus.