As they develop Body Management

Angry Cat

'Angry Cat' is a Body Schooling Activity that develops a correct body posture for safe rolling. It also develops shoulder strength and flexibility which is important for gymnastic skills such as handstands and cartwheels.



1. Start on the hands and knees, with shoulders over hands, hips over knees
2. Push the belly button to the ceiling and look at the knees
3. Push the shoulder blades apart and to the ceiling
4. Keep the arms straight and the hands flat
5. Keep the ankles together and the feet stretched on the floor

If you see...

Observation	Likely cause	Solution
Child wobbling	Hands and knees are too close together	Use markers to help with placement
No obvious curving to the ceiling	Child is not able to feel that angry position	Practitioner places hand on child's back and asks them to push it away, and places hand underneath and asks them to move body upwards away from hand
Bottom almost touching feet	Hips are too far back, bottom sticking out	Place children in the correct position so that joints are directly above points of contact

Opportunity to develop:

Coordination – Control – Balance
Body awareness – Core stability

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!

Ensure...

floor is clean and free from debris

As they develop Body Management

Angry Cat

mostly x's

✓ and x

mostly ✓'s

- Ensure that the weight is even on hands and knees
- Use imaginary string from belly button to arch and curve back
- Practitioner helps child to get into position by physically moving hands and knees to be below shoulders and hips and a shoulder width apart
- Practitioner helps child achieve 'Angry Cat' by placing a hand on back and asking child to push the hand away

Can you see...?

- the child on hands and knees at shoulder-width apart? ☐
- the child's shoulder blades pushing upwards? ☐
- the child looking at their knees? ☐
- the child's arms straight and hands flat? ☐
- the child's shoulders over their wrists and hips over their knees? ☐

- Practise 'Angry Cat' for 10 seconds maintaining shape for the whole time
- Practise 'Angry Cat' on apparatus, benches, box tops, trestle tables, etc.
- Perform 'Angry Cat' over apparatus

- Extend Cat onto one knee and one hand
- 'Cat Roll' from an 'Angry Cat'
- Perform an 'Angry Cat' for another child to move under or over
- Perform 'Angry Cat' using two pieces of apparatus, hands on one piece and knees on another

More Able & Talented

- Perform an 'Angry Cat' and extend one hand straight up to the ceiling
- Perform an 'Angry Cat' and pick up and move a bean bag from one place to another without over balancing, use clock formation, then in response to a range of cues, use both hands
- Perform an 'Angry Cat' and pick up a bean bag and place on shoulders, remove bean bag with other hand, repeat on other side
- Perform an 'Angry Cat' in response to a range of cues

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