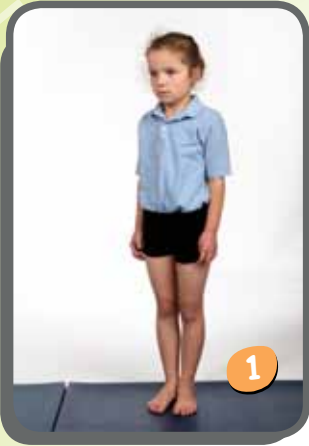


As they become more skilful  
Body Management

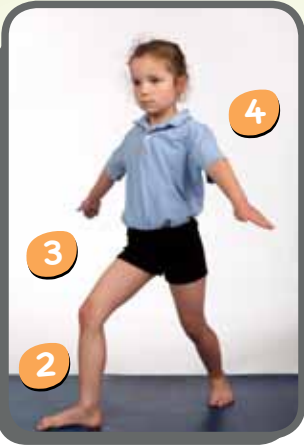
# Lunging

The lunge is a Body Management Skill that requires balance, lower body strength and coordination. It involves a large step forwards or sideways usually to control momentum.

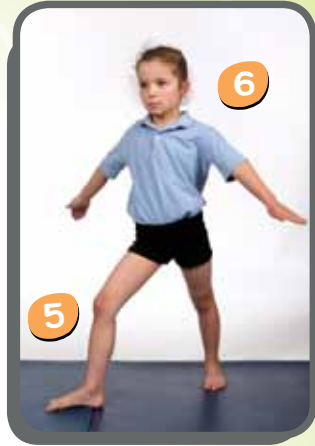
1 Start with the feet together, hands by the side and eyes looking forward



2 Step forwards or sideways with one foot taking the weight onto that foot



3 Bend the knee over toes, keeping the other leg straight



4 Use the arms to assist balance

5 Both feet remain flat on the floor

6 Hold position for a count of 3

Opportunity to develop:  
Coordination - Balance - Strength - Body awareness  
Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

If you see...

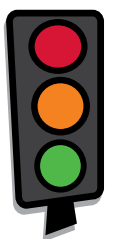
Observation	Likely Cause	Solution
Wobbles and falls off balance	Body twists to the side. Feet in straight line, not wide enough base	Hold onto a partner or chair to balance. Use markers to show where to place feet
Heels come off the floor	Feet too far apart	Use markers to show where to place feet

**Safety!**  
Ensure...  
children perform the movement with a straight back and 'Angry Cat' shoulders  
the surface is dry

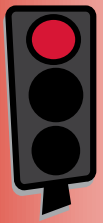
# As they become more skilful

## Body Management


### Lunging




mostly x's  
✓ and x  
mostly ✓'s




- Practise standing tall and developing a straight body position
- Standing with arms by the side, step forward onto left and then right foot
- Star shape on the mat with straight arms and legs. Perform lying on the mat and then standing up



- Walk around the space in a star shape
- Step onto left and right foot and push back to a standing position
- From standing, star shape take little step to the left and right. Push back to standing



- From standing, position step forwards with one foot, trying to step further away each time keeping heels on the floor
- Stand straight, rise onto toes and fall off balance, tip forwards or sideways, break fall by lunging forwards. Use arms to assist balance. Hold lunge position



More Able & Talented

- Lunge along a line, step forward alternately, then close eyes keep on the line
- Lunge walk, forwards, backwards, lifting knees up, heels up, close eyes
- Lunge holding a ball at waist height, twist to move ball over lead leg, repeat on opposite side, then close eyes, then in response to a range of cues

Can you see...?

- the child holding a balanced lunge position?
- the child holding the position without falling over?
- the child showing an upright body posture?
- the child using their arms to balance?
- the child's hips facing forwards?