Crabs & Scorpions

Questions

How many different directions can you move in?
Can you spin the crab?





Crabs & Scorpions

Further teaching points

Scorpion

- Angry cat shape
- Hands should be flat, legs and arms should be together and straight
- To move keep bottom high and use opposite hand and foot keeping bottom high

Crab

- Hands and feet should be flat on the floor
- Arms straight, legs bent
- Try to keep the tummy up while moving, using opposite hand opposite foot

Adapting the activity

Enable

- Freeze crab with bottom on floor or slightly off

Challenge

- Extend hips upwards as far as possible
- Move positions forwards or backwards
- Move positions sideways
- Move from scorpion to crab (spin over)

Health Related Exercise benefits

Improves

- Strength of stomach, shoulders, arms and wrists
- Flexibility of shoulders and hips/back
- Stamina if used as a game

Links to future learning

> Front support

> Back support



