Crab

Questions

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



Crab

Further teaching points

- 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
- Push hips to the ceiling and keep them as high as you can

Adapting the activity

Enable

- Freeze crab with bottom on floor or slightly off

Challenge

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

Health, fitness and safety

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

