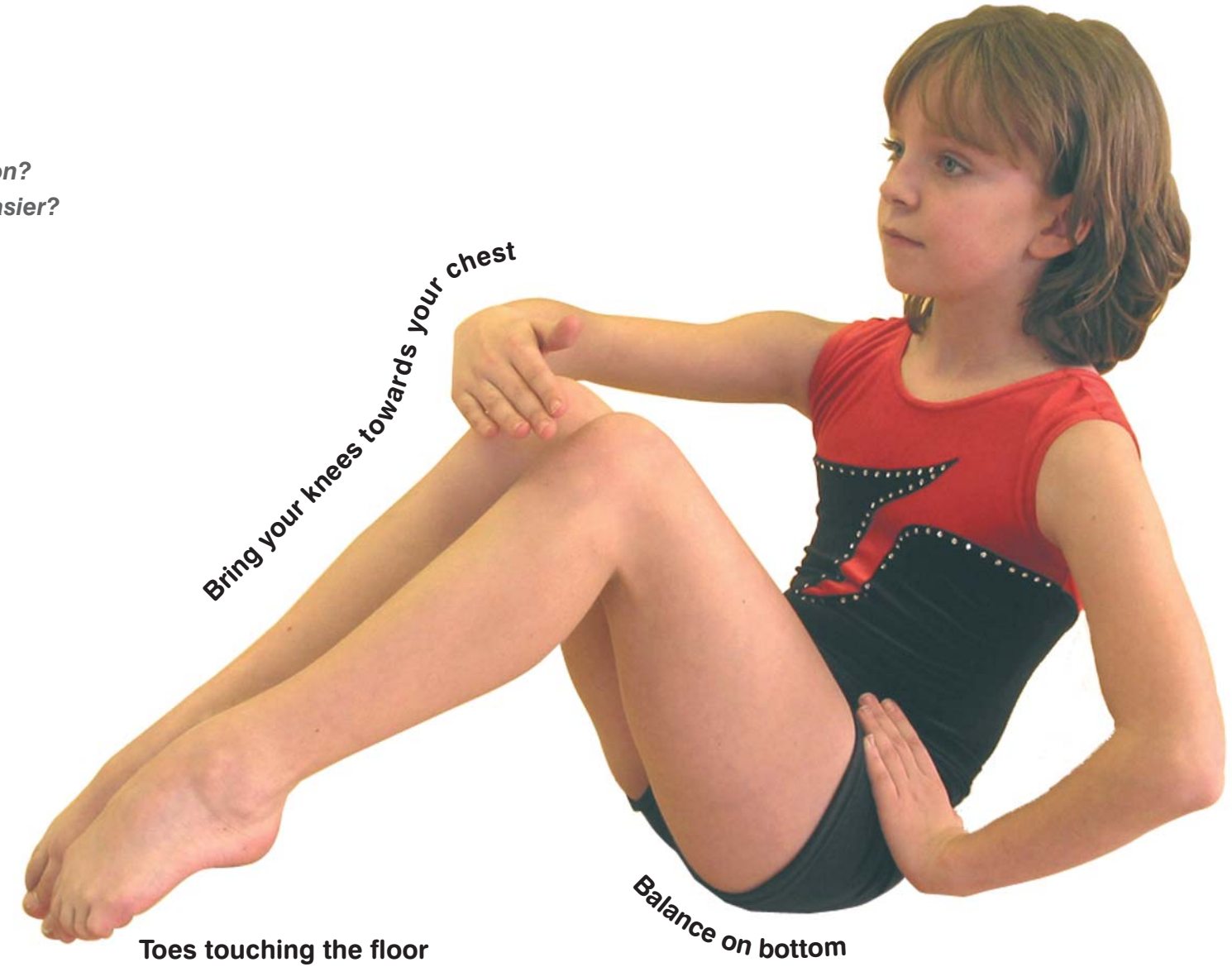
Cup

Questions

How long can you hold this position?

How can you make this balance easier?



Cup

Further teaching points

- Show the angry cat chest
- Rounded back, chest in
- Feet stretched

Adapting the activity

Enable

- Put hands on floor
- Put feet flat on floor
- Hold arms out to balance

Challenge

- Spin cup
- Move from cup to saucer and back to cup again
- Try to lift feet further off the ground

Health, fitness and safety

Improves

- Posture awareness
- Core stability
- Strength of stomach

Links to future learning

> Tuck shape

> Rolling

