Scorpion



Questions

How many different directions can you move in?

Scorpion

Further teaching points

- 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

Adapting the activity

Enable

- Practice slow fox walking

Challenge

- Move positions forwards or backwards
- 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

