# Trap the Mouse

## Questions

*Can you see the "mouse hole" under your partner's back?*



# Trap the Mouse

## Further teaching points

- Encourage angry cat back

## Adapting the activity

Enable

- Lift head to feel back on floor
- Try with knees bent up
- Try with legs straight and arms by your side
- Keep mouse trapped and move from straight to dish to straight

Challenge

- Roll the shape over
- Practice lifting the drawbridge with a partner

## Health, fitness and safety

Improves

- Posture
- Core Stability
- Strength of stomach

## Links to future learning

> Front support
> Back support
> Handstand

