

RING: BODY

ACTIVITY: Can I Aeroplane?

Equipment

Mat for gold level

Bronze

Lie on floor with arms above head and legs straight.
Raise straight arms off floor and count to 10. Keep eyes looking down.
Can you lift both hands and count to 10?



Silver

Can you lift both feet off floor and count to 10?



Gold

Can you lift both arms and both legs off floor to 10?



Diamond

Can you lift alternate arm and leg off floor for 10secs? Repeat on other side



Aims

Core stability
Balance
Rotation
Body awareness
Flexibility

Adaptations

Easier

Sit on a chair

Hold wall or TA assistance

Reduce repetitions

Harder

Increase repetitions