**Title: Handstand**  
  
**Type:** balancing  
  
**Lesson Goal:** Single handedly raise yourself to a handstand against the wall or at a mat with a helper, strain all the muscles in your body, so you can perform a handstand in a straight position



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| **Instruction** | **Differentiation options** | **Extra info** |
| In a duo lifting a fellow student to a handstand and putting him/her down on the floor, holding the upper legs.  Holding the fellow student when he or she raises single handedly into a handstand and overturns.  Motivate the students to single handedly throw themselves into a handstand. Make them strain their muscles. Body tension all over.  Helping:   1. Slowly lifting into handstand from a push up position by straining the muscles in the upper legs. 2. Swing into a handstand against the wall. The helper is ready to grab the fellow student by the upper legs. When the student is in a handstand the helper makes sure that the student doesn’t sink through the arms. 3. A handstand with the helpers or single handedly: the two helpers face each other and grab the student by the upper legs.      |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | Judging the Handstand | **Grade** | **Mark your handstand** | **Teacher marks here** | | 1. | Coming to the strain position (in the upper legs) from the press up with help of fellow students. | 5 |  |  | | 2. | Single handed thrust up to the wall or a fellow student into a strained position. | 6 |  |  | | 3. | Single handed thrust up into a strained handstand and holding it for three seconds helpers hold the student. | 7 |  |  | | 4. | Single handed thrust up into a strained handstand and holding for one second with the help of fellow students and for two seconds without that help. | 8 |  |  | | 5. | Single handed thrust up into a strained handstand and holding for two seconds. | 9 |  |  | |  | The better the execution the better the mark. You can add a maximum of one point | +?? |  |  | | If it is very difficult for a student, he or she can also use the wall and walk against the wall (facing the wall) upwards. Other students can guide him/her and hold the legs and support him/her | Attention points   1. Stand with strained muscles and look secretely at your hands. 2. Put your hands close to the toes of the leg you step up with. Swing the furthest   leg hard and straight into the air.   1. Press as hard as you can into your shoulders. (Try to push yourself up). 2. Put your second leg against the wall and point with your toes to the ceiling. |
| **Field set-up:** | | |
| **Link to support/assessment document** | | |

**Additional pages if necessary:**