

## CAT SPRING

Children should be confident and strong performers with the "Bunny hop" and "Kicking horses" before they progress to a cat spring.



- Keep head up and look forward.
- From a squat position reach forward and place hands on the floor.
- Take weight on strong, straight arms and jump feet to land close to hands.
- Keep head up.
- Gradually reach further away with hands.
- (As confidence grows children should reach further with their hands until they can combine.....)
- From a squat position.
- Thrust through the legs and push off with feet to reach forward and "pounce" onto hands.
- Pull or "snap" knees and feet through to join hands.
- As feet touch the floor stretch arms up and extend legs to stand.

Very important:

To work gradually through the progressions into cat spring.

Common fault:

Finds difficulty in achieving a stretched position momentarily through the air.

Remedy:

In slow motion - reach forward with hands and stop in that position with bottom up and legs extended.

Extension:

Can you cat spring with your legs astride?

Can you cat spring with your legs alternately astride and together.