

# Arch (bridge) and Forward Fold

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Warm up - Ground

Cardiovascular: Game of Crab Tag

- All players crab (reverse table) walk around the room.
  - Players tag other players by touching them with their toes. Everyone is “it”.
  - When a player gets tagged they flip their crab into a downward facing dog pose.
  - Another player must crab walk (or slither) under a down dog pose to free the frozen player.
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Strength, balance and dynamic flexibility

- Rock and rolls. Begin seated in tuck position. Pull the abdomen back to rock back and forth on the spine. Begin these by holding your shins with your hands.

*Extension:* Option to increase challenge by lifting straight arms into the air. And/or extending the legs away from the face with a “thutt” engagement.

- Superhero rocks. Flip over to lay on your belly. Place hands under the shoulders, then push the floor away to rise up through the spine, top of the head to the ceiling (upward facing dog or seal stretch). Engage the “thutt” and remove the hands out in front of you to roll forward on the belly while straight legs lift up off the ground. Then lift the arms, head, neck and shoulders to rock back towards your legs. Repeat this forward and backward motion.
- Push up and fold hips through tabletop position to child’s pose.

*Teaching moment:* In our superhero rocks we are arching our bodies. In child’s pose we are folding forward in our hips.

- Forward fold plies in Parallel 1st position. From child’s pose, press into hands and tuck toes under to straighten the legs. Hands may move to the shins if you cannot touch the floor with straight legs. Bend and straighten the legs 4 times with the heels staying in contact with the ground.
- Handstand jumping jacks. Pour weight into the hands and jump the feet apart and together 10 times. End with the feet apart.

More Cues:

- Engage the core and try to stack the spine and float the hips directly above the hips.
- Press into all four corners of the palms and fingertips.
- Forward fold plies in turned out 2nd position. Bend and straighten legs 4 times with the knees moving out away from the centerline of the body because the legs are turned out.
- Bridges (full wheel pose). Start laying on the back. Place the palms flat on the ground by the ears with fingers facing the shoulders, elbows energetically hugging in towards the ears to point up to the

ceiling. The knees bend to place the heels close to the butt. Press down into hands and feet to raise the hips up to bridge pose.

More Cues:

- Upper arm bones hide your ears.
  - Energetically move the knees towards one another.
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Wrist and forearm warm up.

- Straddle sit. Clasp hands with the elbow touching and twist the hands round and round. Separate elbows and put them back together repeatedly while snaking the clasp of the hands open and shut. Elbows back together, open hands so fingers point up and switch the finger that's in front. Repeat twisting and snaking.
- Lay down on your back and keep the legs in straddle.

*Teaching moment:* This is a true straddle position with the legs apart. When we sit up in a straddle it is actually a straddle pike fusion. The definition of a Pike is to fold in your hips.

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Warm up - Air

- Pulling taffy. Clockwise and counterclockwise directions 4-6 times each.
  - Straight and bent arm hangs.
  - Wrist lock inversions. Change the shape of your legs without changing the arms and back orientation. Apply new knowledge about forward fold/pike and arch/bridge. New wristlock inversion shape is C or scorpion.
  - C or Scorpion. From wristlock inversion, split the legs. The front leg is in pike and will be the one to change position and orientation. Your hips will face the away from the legs. Lift the front leg up towards the poles, turn your hips towards the back leg side and lower the top leg behind you with a “thutt” engagement. Body is in an arch or bridge shape!
  - Next, pike both legs to pass on either side of the pole that’s in front of you. Body is in a forward fold shape!
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Exit slip for recorded formative assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

Imagine that these are figures of people and the red line denotes their hips. Which person(s) are doing a pike? (circle your answer(s))

FORT COLLINS  
**CIRCUS**  
CENTER

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