



TEACHING POINTS

1. Standing to the side of the pole with the arms in a short arm grip.
2. Take your hips in front of the pole so that the back of your inside hip is resting against the pole.
3. Take your inside leg across your outside leg and sweep it upwards in a circular motion.
4. Allow the outside leg to follow the inside leg creating a 'fan' movement with both legs.
5. Let the inside leg land first followed by the outside leg.
6. Your finishing position should be on the other side of the pole.
7. Change the grip and repeat on the other side.

SAFETY POINTS

- ✓ Ensure that the hip is in front of the pole to provide extra support and to ensure the leg movement is not restricted in any way.
- ✓ The shoulders should be actively engaged and pulled back and down and the short arm grip retained throughout the move.
- ✓ If students struggle to retain the short arm grip then a basic grip can also be used for this move.
- ✓ Abdominals should be switched on especially at the point where both legs are off the floor.
- ✓ Keep a tight grip in the hands throughout the duration of the move.
- ✓ Let the body naturally turn to face the pole on the far side of the movement to land safely.
- ✓ Ensure the student leans their torso back slightly as their legs rise to allow a full range of movement.
- ✓ A great spot for this move would be to use your forearm to support a student's lower back as they move their legs. You can create a strong base position by cupping the pole with your hand behind their back.

COMMON PROBLEMS

Difficult to hold a short arm grip: For students that are not particularly strong in their shoulders and biceps it can be difficult to maintain a short arm grip through the duration of the move; offer a basic grip instead where the inside hand is high on the pole and the outside hand is placed near the armpit.

Low leg height. This is generally due to either a lack of hamstring flexibility or a student keeping their torso too high. Initially try to correct the torso position if necessary, providing a spot can often help encourage students to lean