

Push Diving

Once you have worked up through penguin and teapot then line up pike you can add a push.

Ask divers them to stand and jump, fingers pointed up, trying to touch the ceiling.

“look at what your toes are doing”

“Now we are going to add that push, right at the end. Fall over, fall over fall over and when you are nearly in push “

*“Point your bottom at the ceiling
Like a hand stand in the air”*

Legs are now together and knees are slightly bent to enable the push.

Add a wobble or the hose to dive over

If you have time extend the height and distance