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▶ Teaching a 5 Year Old a Handstand in ONE Day!

▶ Hand Stands for Beginner Gymnastics : Beginning Gymnastics

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Teaching a 5-year-old to do a handstand is all about building a strong foundation and making it fun! Here's a breakdown of proper technique, keeping their age and developmental stage in mind:

1. Body Positioning:

- **Strong arms:** Straight arms, locked elbows, and hands shoulder-width apart. Fingers spread wide for a stable base.
- **Tight core:** Engage their tummy muscles like they're trying to touch their belly button to their spine. This helps with balance and control.
- **Straight body line:** Imagine a straight line from their hands to their feet. No arching their back or bending at the hips.

2. Wall Walks:

- **Start facing the wall:** Stand a comfortable distance from a wall (not too close).
- **Walk hands towards the wall:** Bend down, place hands on the floor, and "walk" their feet up the wall until their body is in a vertical line.
- **Hold and feel:** Encourage them to hold the handstand against the wall, getting comfortable with the feeling of being upside down.

3. Kick-ups (with assistance):

- **Start in a lunge:** One leg slightly in front of the other, hands shoulder-width apart on the ground.
- **Kick up:** Swing the back leg up while keeping the front leg straight. Aim to "tap" the wall with their toes.
- **Spotting is key:** An adult should be there to support their hips and help them find balance.

4. Freestanding Handstands (short holds):

- **Start with a small kick:** Encourage a gentle kick-up, focusing on control rather than height.
- **Spotting and support:** An adult should be close by to catch their legs and help them balance.
- **Short holds:** Start with holding for just a second or two, gradually increasing the time as they gain confidence.

Key Tips for 5-Year-Olds:

- **Make it playful:** Use games and imagery. Pretend to be trees, rockets, or superheroes!
- **Focus on form:** Even short handstands with good form are better than wobbly ones.
- **Positive reinforcement:** Celebrate their efforts and progress, no matter how small.
- **Break it down:** Practice each part separately (like the kick-up or the wall walk) before putting it all together.
- **Listen to their body:** If they get tired or scared, take a break.

Important Safety Notes:

- **Always supervise:** Never leave a child unsupervised while practicing handstands.
- **Use a safe space:** Ensure there's plenty of clear space around them and a soft surface to land on.
- **Proper warm-up:** Always start with a warm-up to prepare their muscles.

By following these tips and focusing on fun and safety, you can help a 5-year-old learn the proper technique for a handstand and develop a love for this exciting skill!