

PRACTICE YOUR POP UP AT HOME



Keep practicing your surf pop-up, for when we can all hit the waves together again! Sisonke, simunye!

- 1 Make sure the pace around is clear, so that you are safe. Remember, be BANANAS by protecting yourself and others!
- 2 Lie flat on the ground, with your chest, tummy, and legs touching the ground and your head up. Stretch your arm as far forward as it can go, then bring it down past the side of your body. Now stretch your other arm as far forward as it can go. Paddle five times with each arm.
- 3 After you have paddled, put both hands next to your chest, underneath your shoulders. Straighten your arms, lifting your chest and tummy off the ground to create a nice big space under your body. Now slide your front foot underneath your body, until it is right underneath your chest, and put your foot down flat. Remember to keep your hands on the ground!
- 4 Bring your back foot slightly forward, and place it flat on the ground. Now you can lift your hands off the ground, and stand up straight. Both of your feet should be facing slightly away from your body. Your knees must be a little bent, and your back straight and arms out to the side.

Well done!
You have practiced
your pop-up! Try to
do at least 10 every
day,!

