



Matched rolls

- Work in pairs.
- Each pair selects two cards, one from each of two sets.
- Each card in set one has a suggestion for starting a roll.
- Each card in set two has a suggestion for finishing a roll.
- The pairs then compose and perform a movement action that fulfils the expectation of their cards.
- The action can be performed separately or simultaneously.
- Class members are then invited to watch each other and identify other pairs that selected both cards that had the same instruction as their own. (See the TOP Gymnastics Handbook.)

Think INC.

Use a hoop or rope around a child to help maintain shape while rolling.

Vocabulary

Entry, exit, combine, crouch, incline, slope, maintain, press, raise, lower, matted, smooth