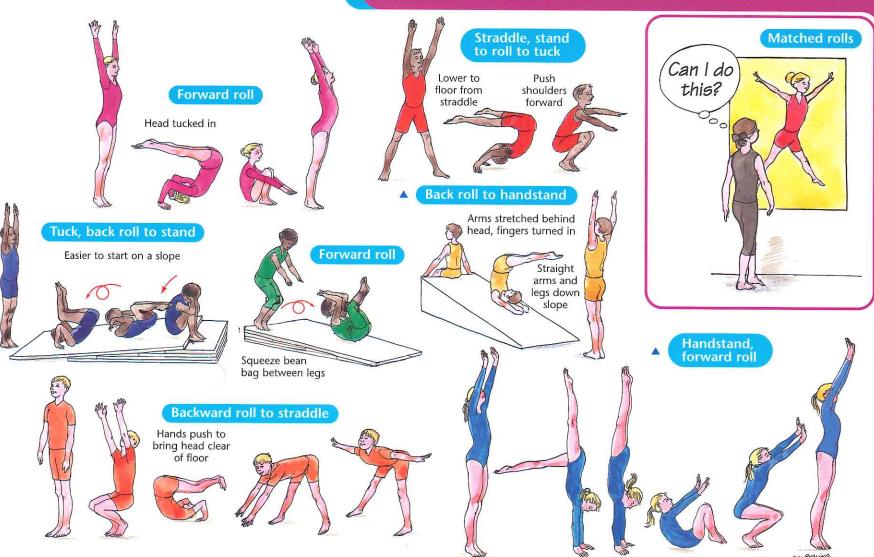


Rollover . . .

Combinations of forward and backward rolls



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



Youth Sport Trust

Safety: Ensure the children: A do not perform handstand rolls until the handstand itself can be held with good control A do not roll on the top of the head • flex the neck to place shoulders on the mat

- always roll into a clear space, use mats and have sufficient space around them (or on them) to link movements together
- show competence on floor before trying skills on apparatus.