

Rock and roll . . .

Side rolls and lead ups to forward and backward rolls

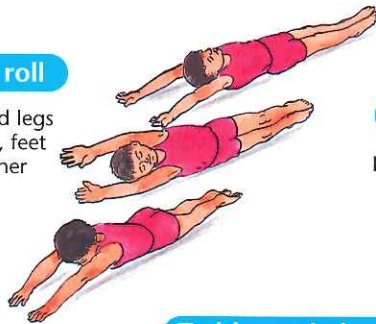
Egg roll

Keep tight, tuck chin to chest



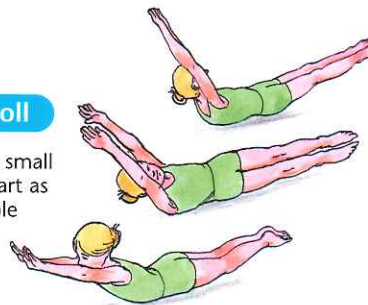
Pencil roll

Arms and legs straight, feet together



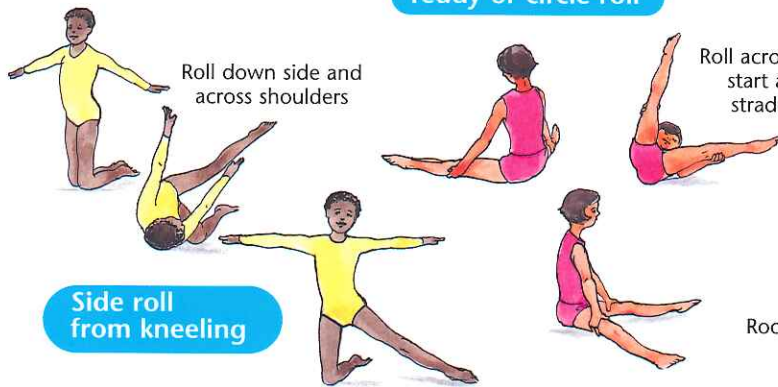
Dish roll

Roll on as small a body part as possible



Teddy or circle roll

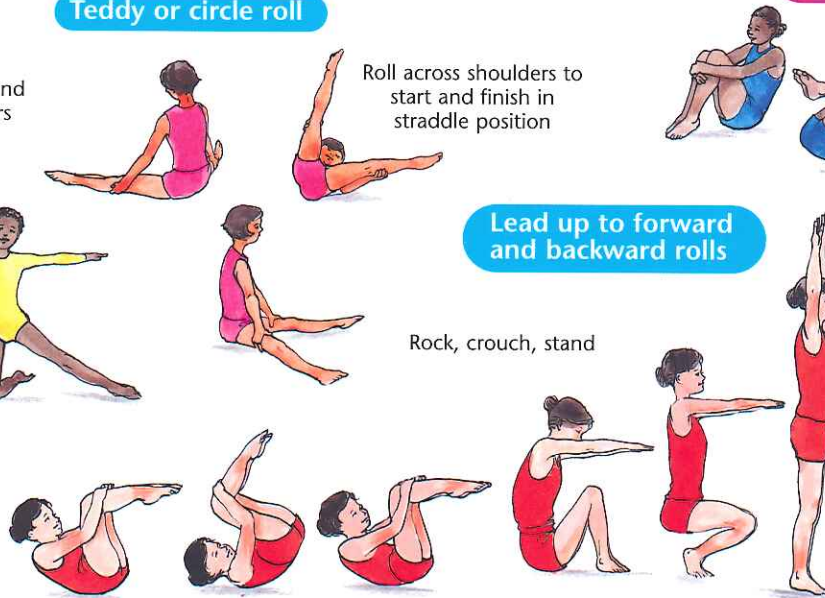
Roll down side and across shoulders



Roll across shoulders to start and finish in straddle position

Lead up to forward and backward rolls

Rock, crouch, stand

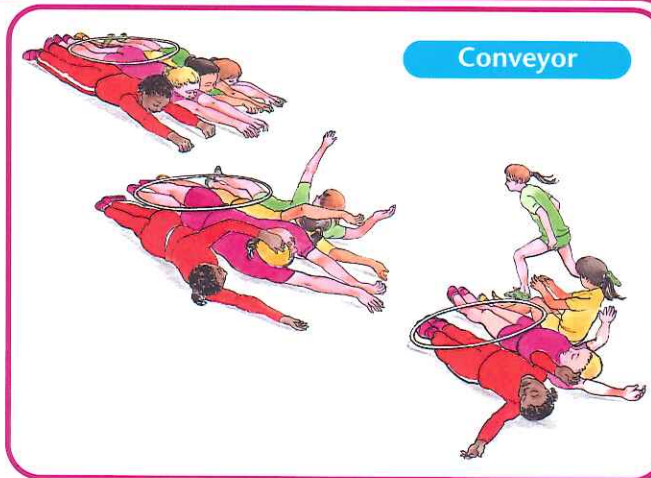


Rocking on back

Rocking on back with hand placement for backward roll

Pike to lift hips above shoulders

Keep head clear of floor



Conveyor

Conveyor

- Teams of four or five.
- Four team members lie face down side by side and shoulder to shoulder.
- Fifth member places hoop flat on 'conveyor' and then takes up position on end of the line.
- On the word 'Go' everyone rolls in unison in the same direction. This action moves the hoop down the line.
- As each member of the team becomes clear of the hoop they stand up and join the end of the line, thus continuing the length of the conveyor.
- Hoop to be delivered over a pre-agreed distance.

Think INC.

Some children may benefit by being cradled or held to maintain a rolling shape. Correct handling techniques must be used to ensure the safety of the teacher and child is maintained.

Vocabulary

Orientation, rock, seated, spine, compare, contrast, roll, turn, rotate, backward, forward

Safety: Ensure the children: **▲ avoid taking any weight on the head when rolling forward from the piked or straddle position** • always roll into a space • perform skills on their own before joining them together • warm-up before performing and know how to lift and carry apparatus safely • perform competently forward and backward roll lead-ups before attempting full roll or rolls on apparatus.