

Thursday 7th
January

PE

Monday – Rolling



Equipment needed:

- You will need somewhere soft to work i.e. grass, mat, carpet, bedding

Make it easier:

- Practice with the assistance of someone in your household.

Activity:

- You will need to find yourself a convenient and large enough place to roll. Ideally somewhere soft i.e. Grass/Mat/Carpet.
- Perform the log roll – practice until you feel comfortable
- Perform the teddy bear roll – practice until you feel comfortable
- Perform the egg roll – practice until you feel comfortable



30 Minutes

More of a challenge:

- Practice the forward roll and try to include it in your rolling.

Step by step - Rolls

Log Roll

1. Stand in a wide open space – somewhere soft and preferably on a mat.
2. Sit down and drop to your side, straighten your legs out into the shape of a log.
3. Roll from your side onto your back and then continue onto the other side.
4. Finally Rolling onto your front.
5. Continue to motion a few times to complete the roll

Teddy Bear Roll

1. Stand in a wide open space – somewhere soft and preferably on a mat.
2. Sit on the floor with your legs apart. (Keep them straight)
3. Stretch your hands to hold under your knees.
4. Fall to the side, roll to your back and push through onto the other side.
5. Push your body back into a sitting position. You shouldn't be facing the same place as before.

Forward Roll

1. Stand in a wide open space – somewhere soft and preferably on a mat.
2. Squat with your feet together. Place your feet together and bend your knees so that you're squatting. Place your hands on the ground in front of you with your elbows bent. Your hands should be evenly spaced at shoulder width. This is the starting position for a beginner's forward roll.
3. Drop your head between your arms.
4. Then push forwards – moving onto your upper back and rolling through.

Watch the videos of Mr Hollands modelling each of the rolls then have a go at completing some rolls of your own.

You could film your rolls and send them to Mrs Hunt or Miss Bailey on class dojo for a 'You can do it' dojo.