

overview:

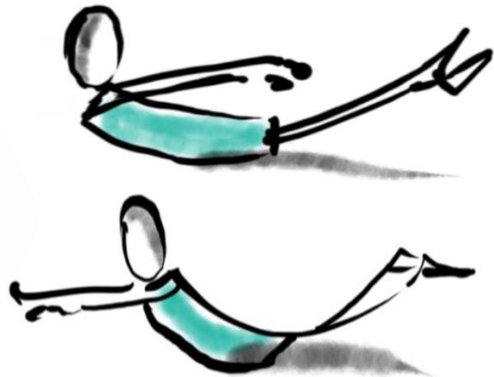
- This lesson focusses on Rolls in Gymnastics.
- By the end of this lesson, your child should have added Rolls to their Gymnastics Routine.

**how to play:**

- Ensure there is a safe space to work in away from objects and furniture.
- Ask an adult to call out words relating to gymnastics e.g. jump.
- Move across the floor in different ways drawing the shapes of the letters that spell the word.
- At the beginning and end of every letter a gymnastic element that has been learnt previously this week must be performed.
- Examples include:
 - Key Shapes – Star, Tuck, Dish
 - Balances – Crab, Arabesque
 - Jumps – Straight, Tuck

how to play:

- Read out and practice the rolls below.
- These rolls will be added to your child's routine.



Pencil Roll

- In a tidy arch shape begin to roll onto the side of the body.
- When on the side, the body should be in a straight line with the bottom and stomach muscles pulled in.
- Keep the head between the arms.
- Continue to roll over and move into a dish shape as you roll onto the back.



Tuck Roll

- In a tight tuck shape roll back then forwards, pushing the feet into the ground and transferring body weight over the feet to push legs straight and to stand up.
- Try roll at a speed that allows them to perform the roll forwards and backwards in a controlled movement but with enough speed to stand up.

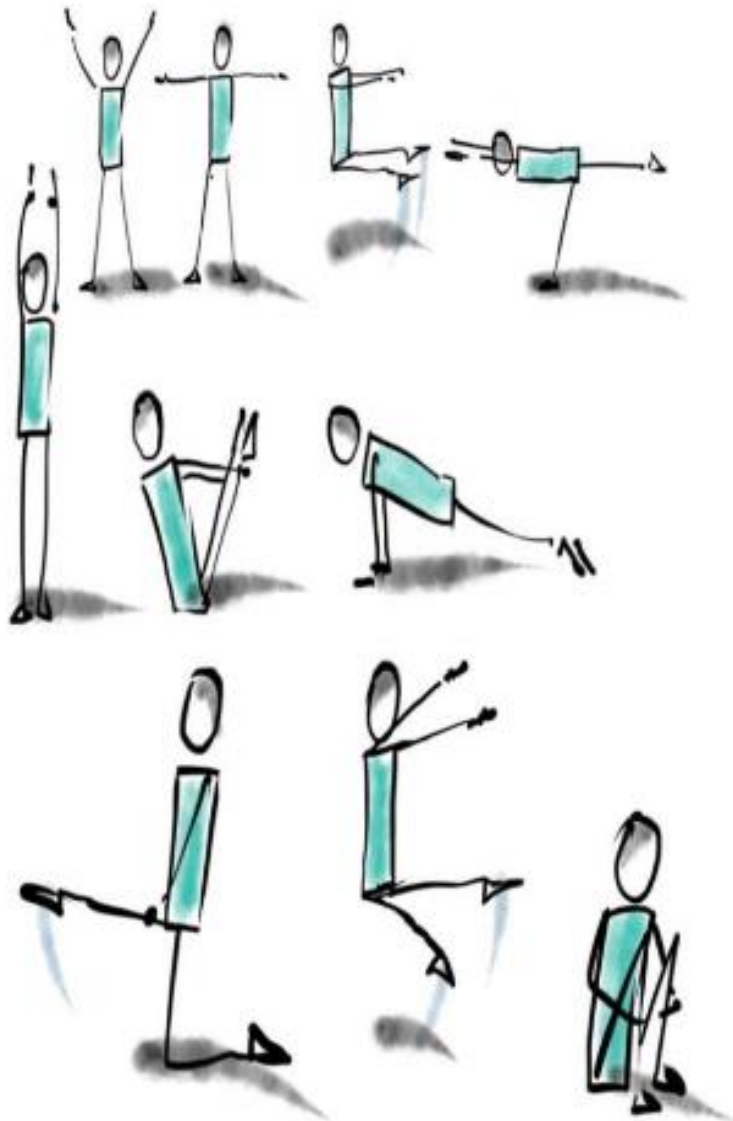
example ways to move:

- **Crab Walk** – In a crab balance position move across the floor by moving the left hand followed by the right foot; and then the right hand followed by the left foot.
- **Glide** – Take a step forward by sliding one foot across the floor, in a semi circle motion, so the pointed toe finishes in front of the body. Repeat with the opposite leg.
- **Chasse** – In a smooth motion take a step forward by sliding one foot across the floor. The trailing foot 'chases' the lead foot by galloping to reach it.



how to play:

- Moving around in a safe space, explore different ways of travelling.
- Once confident, set challenges that restrict the way to move. For example:
 - Travelling on different body parts – feet, hands and feet, stomach, bottom.
 - Travelling in different directions and pathways – forwards, backwards, zig zag, curved.
 - Travelling at different speeds – slow, fast, medium.
 - Travelling at different levels – high, low, middle.



make a routine:

- Add rolls to yesterday's routine.
- Link shapes, balances, jumps, travelling and rolls together using smooth transitions.
- Hold all Shapes and Balances, for 4 seconds; including when landing a Jump and/or Roll.
- Example Routine:
 - Start Position = 'Straight'
 - 'Tuck Jump'
 - 2 steps forward then into an 'Arabesque'
 - 'Glide' into a 'Tuck'
 - 'Pencil Roll' into a 'Dish'
 - Lift into a 'Crab'
 - Stand up and 'Straight Jump'
 - 'Pencil Roll'
 - Finish with a 'Star'
- *Can you perform your routine to music?*
- *Can you create a routine with a partner and include*