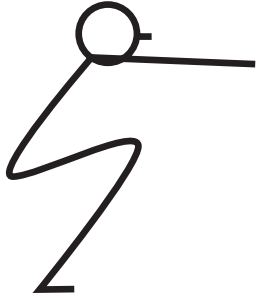


EXTENSION ACTIVITIES

MOVING INTO A FORWARD ROLL FROM DIFFERENT POSITIONS
(To encourage problem-solving and evaluation skills) Combining movements will encourage children to select and apply skills when creating sequences.

TAKE UP THIS POSITION



CAN YOU FORWARD ROLL
OUT OF IT

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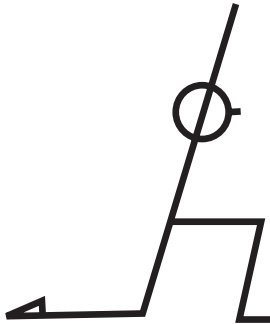
TAKE UP THIS POSITION



CAN YOU FORWARD
ROLL OUT OF IT

S1

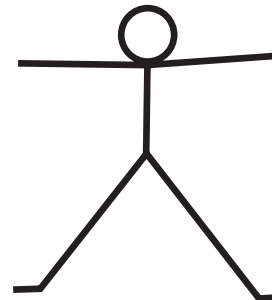
TAKE UP THIS POSITION



CAN YOU FORWARD ROLL
OUT OF IT

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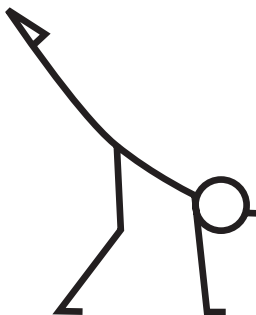
TAKE UP THIS POSITION



CAN YOU FORWARD
ROLL OUT OF IT

S2

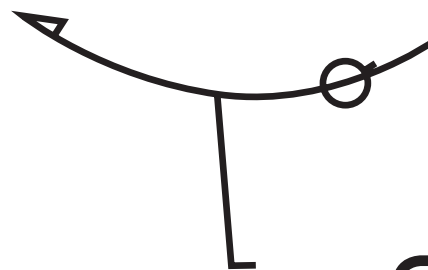
TAKE UP THIS POSITION



CAN YOU FORWARD ROLL
OUT OF IT

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TAKE UP THIS POSITION

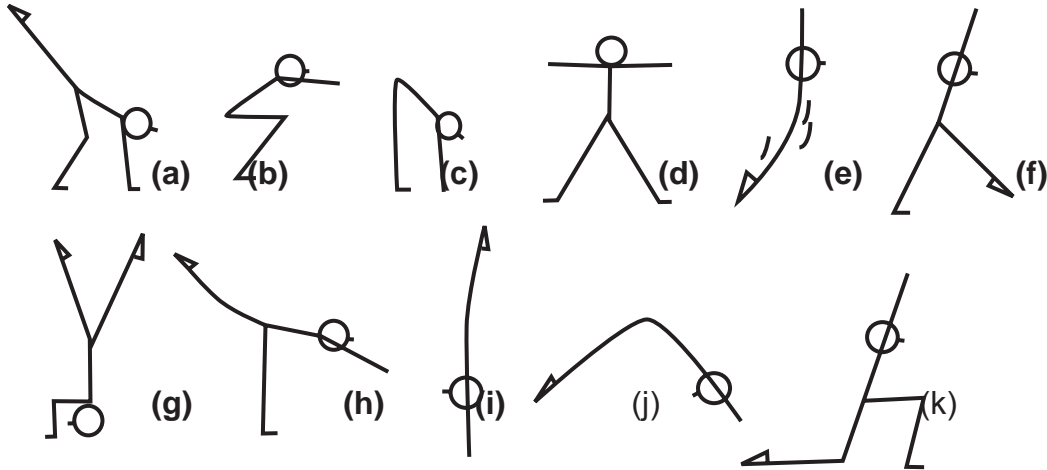


CAN YOU FORWARD
ROLL OUT OF IT

S3

GYMNASTIC SKILLS - FORWARD ROLL

WAYS OF TRAVELLING INTO A FORWARD ROLL



(a) HOW MANY OF THESE DIFFERENT WAYS OF TRAVELLING INTO A FORWARD ROLL CAN YOU PERFORM?

(b) CAN YOU THINK OF ANY OTHER WAYS?

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S4

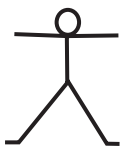
SUGGESTIONS FOR MOVING OUT OF A FORWARD ROLL

1 Push up from two feet into a "bunny-hop"/handstand.



Come out of the forward roll; place hands straight onto the mat, fingers pointing forward, arms straight, keep head up and push from feet to raise hips in the air. If the child is strong and controlled in the movement a greater thrust from both feet will take him/her into a handstand position.

2 Forward roll into straddle balance



The teaching points for this movement are detailed at a later stage in the "forward roll" section.

3 "Walk out"- one knee bent to put foot under hips as the other leg stretches out to push up to standing with a large "step".



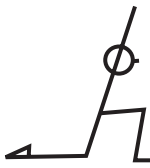
The teaching points for this movement are also detailed at a later stage in the "forward roll" section.

4 Forward roll into lying on back and then sideways "log roll".



The forward roll must be executed slowly. When the child's back is on the floor, the stomach muscles are tensed and the legs lowered slowly and in the straight position down to the ground so the child is lying full length on the floor. From this position the "log roll" can be initiated.

- 5 Forward roll into kneeling on one knee.



In the final stages of the roll, one knee is tucked under the body - arms reach forward and other foot is placed on the ground.

- 6 Forward roll and stop halfway over in a shoulder stand.



This is good for developing controlled movement. Tuck the head right under - as soon as the hips are directly over the head, take hands from the floor to hold the back of the waist and the upper arms are firmly against the ground to support the body weight.

- 7 Slow forward roll and stop just before the end in a "jack-knife" position.

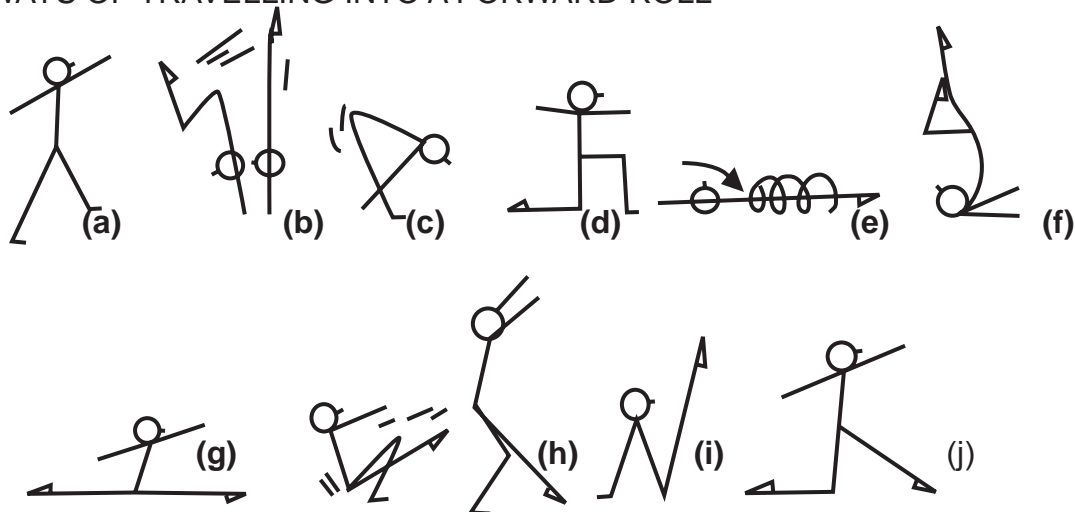


This requires very good body tension and strong stomach muscles. Slowly go over in a forward roll, straighten legs out as they pass over the head, tighten all body muscles up and stop in the "jack-knife" position before the legs touch the ground.

There now follows a series of "task cards" which the teacher could photocopy and make into durable cards for use with a class. Each card gives a simple shape for the child to move into as they complete a forward roll. The series of cards on the following pages are individual movements suitable for use with younger classes. The composite "master" card below is suitable for using with Year 5 and Year 6 as the teacher feels appropriate.

GYMNASTIC SKILLS - FORWARD ROLL

WAYS OF TRAVELLING INTO A FORWARD ROLL



- (a) HOW MANY OF THESE DIFFERENT WAYS OF TRAVELLING INTO A FORWARD ROLL CAN YOU PERFORM?

- (b) CAN YOU THINK OF ANY OTHER WAYS?

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S5