

EXTENSION CARDS

TRAVELLING OUT OF A FORWARD ROLL INTO DIFFERENT POSITIONS

FORWARD ROLLING

SKILL CARD 6

1

TRAVEL OUT OF A FORWARD ROLL INTO THESE POSITIONS



(a)



(b)



(c)

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FORWARD ROLLING

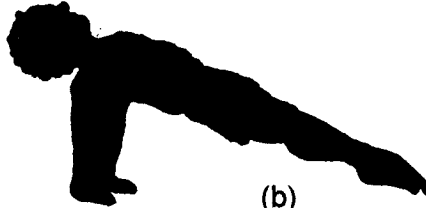
SKILL CARD 7

2

TRAVEL OUT OF A FORWARD ROLL INTO THESE POSITIONS



(a)



(b)



(c)

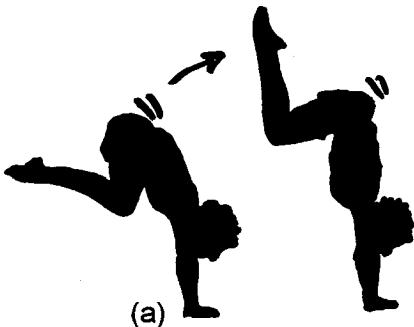
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FORWARD ROLLING

SKILL CARD 8

3

TRAVEL OUT OF A FORWARD ROLL INTO THESE POSITIONS



(a)



(b)



(c)

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Combining movement will encourage children to select and apply skills when creating their own sequences.