

1 Pencil/Log Roll



Teaching Points

- Lie flat on a mat with your arms stretched straight over your head and feet stretched away from your body.
- Roll to the left or right, completing a full rotation of the body.
- Keep your ankles and feet together.
- Squeeze your tummy, leg and bum muscles together.
- Complete a number of rotations one after the other.



Safety Points

- The roll can begin by lying on the back or the front.
- Ensure that bodies are tight and straight during the roll.
- Maintain a tucked chin.



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Preliminary Activities

- While standing, make a straight shape - *as tall as the tallest tree!*
- While lying down, make a straight shape – *as long as the longest log!*
- Move from a tense body position to a loose body position both standing up and lying down.
- Hold a tense body position for five seconds without moving each time.
- Try this roll with your arms down by your side.



Variations

- Encourage pupils to choose a favourite standing shape. Make this shape before and after performing the roll.
- Try to roll with a beanbag between the knees or ankles.

