

## 2 Egg/Tuck Roll



### Teaching Points

- Kneel on the floor, tuck your knees into your chest and hold your arms tightly to the side of the body.
- Keep your chin tucked in and shoulders just off the floor to keep the rounded shape.
- Roll to the left or right, until you return to your starting position, completing a full rotation of the body.
- Remain in the same position and continue to roll.



### Safety Points

- Make as small a shape as possible – *as small as a snail!*
- Bodies should be curled up tightly when rolling.

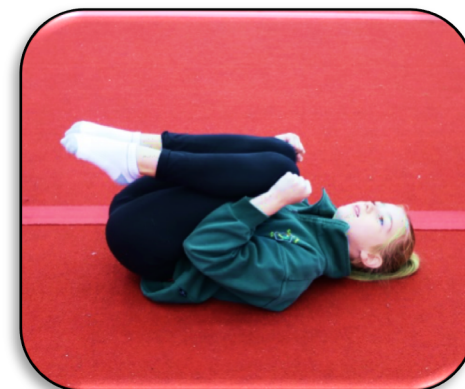


# 2 Egg/Tuck Roll



## Preliminary Activities

- Make a tuck shape lying on the back - *as small as a baby turtle!*
- Make a tuck shape on your knees – *as small as a mouse!*
- Go from a tense tucked body position to a loose body position on the back and knees.
- Hold a tense body position for five seconds without moving each time.
- Try and keep a tight tucked position when gently shaken by a partner.



## Variations

- Try starting the roll lying on your back instead of from a kneeling position.
- Is it easier to build momentum and speed by beginning on your back or your knees?

