

3 Dish/Arched Back Roll



Teaching Points

- Lie on your back with your lower back pressed into the mat.
- Lift your shoulders, arms and legs off the mat making a dish shape.
- Keep your arms, legs and shoulders as straight as possible.
- Turn your head, look under your arm and initiate the roll.
- Roll onto your tummy into an arched 'superman' position.
- Keep your head between your arms and squeeze the legs together.
- Keep arms and legs straight and off the ground.
- Roll again onto your back into the dish position.



Safety Points

- The roll can begin by lying on the back or the front.
- Keep arms close to your ears with palms facing outwards.
- Lower back remains on the ground in dish position.
- Shoulders and legs remain off the ground in both positions.



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Preliminary Activities

- Lie flat on your back and lift your arms and shoulders to make a **half** dish shape.
- Lie flat on your back and lift your legs to make a **half** dish shape.
- Lie flat on your back and lift up into a full dish position.
- Lie flat on your tummy and lift your arms and shoulders to make 'superman' arms.
- Lie flat on your tummy and lift your legs to make 'superman' legs.
- Lie flat on your tummy and lift up into a full arch position – *Superman!*



Variations

- Begin by lying on your back with arms and legs straight up in the air.
- Slowly lower both towards the ground until the dish is created.

