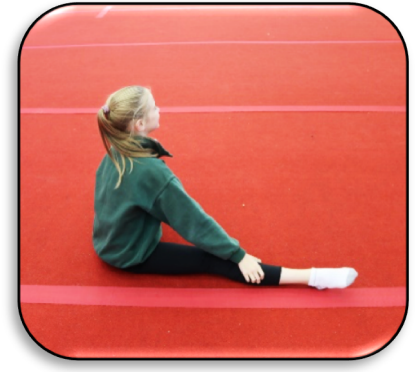
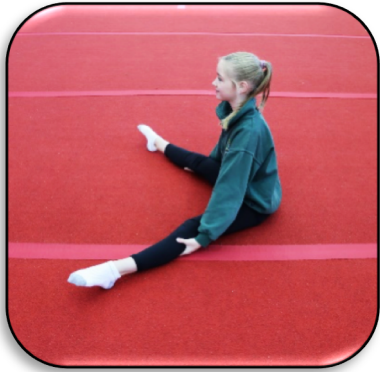


4 Straddle/Teddy Bear Roll



Teaching Points

- Sit on the floor with your legs straight and spread apart - in a straddle shape.
- Sitting tall, place your hands behind your knees. Maintain this shape throughout the roll.
- Lean to the left, drawing your right leg upwards to initiate the rolling action.
- Roll sideways across your back and shoulder.
- Finish in a straddle shape facing in the opposite direction from where you started.
- Repeat the roll again until you have completed a full circle.
- Try this back to back with a partner!



Safety Points

- Other pupils should maintain a safe distance from the child rolling to avoid injury.
- Where possible, remove shoes for this roll.

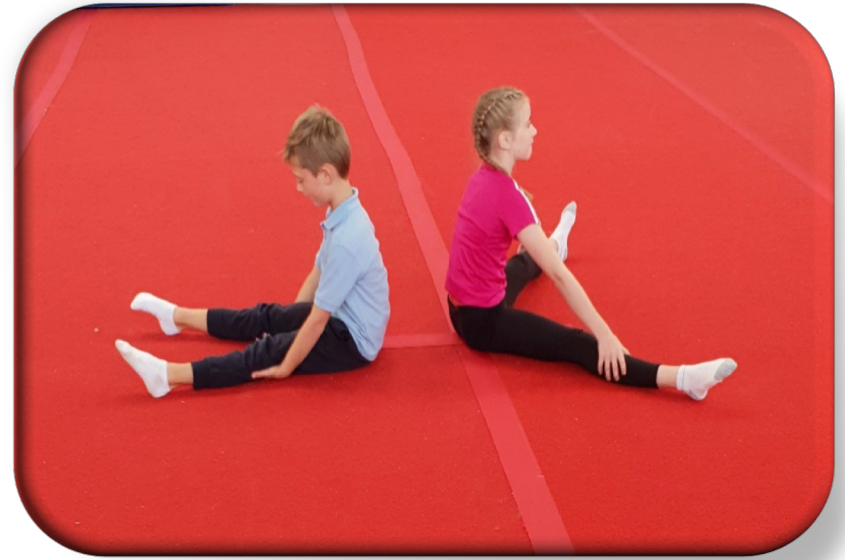


4 Straddle/Teddy Bear Roll



Preliminary Activities

- Go from a loose body position to the straddle position.
- Try and keep a tight straddle position when gently shaken by a partner.
- Get a partner to trace on your back the shape and points which contact the ground during the roll.
- Use spot markers to mark where the pupil's shoulder should make contact with the floor.



Variations

- Encourage pupils to alternate rolling on left and right sides.
- To roll simultaneously with a partner sit back to back. Both pupils roll in the same direction, either to the left or the right to finish in their partner's original position.

