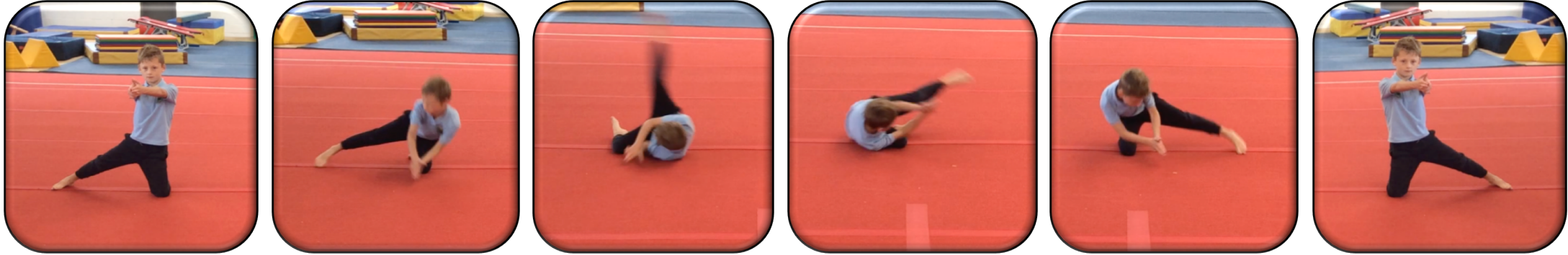


5 James Bond/Shoulder Roll



Teaching Points

- Kneel at the edge of the mat.
- Extend your right leg away from the mat creating an upside down V shape with your legs.
- Place each hand on the front of the opposite shoulder or extend your arms out in front, interlacing the fingers.
- Begin the roll by rolling onto your left shoulder, over your back and onto your opposite shoulder.
- You will finish the roll kneeling on the opposite leg to which you started kneeling. The other leg will be extended fully as before.



Safety Points

- Ensure other pupils maintain a safe distance from the child rolling to avoid injury.

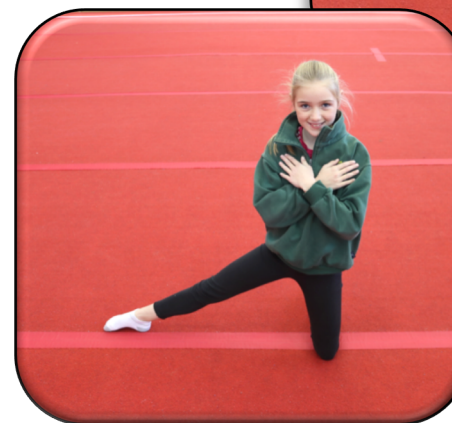


5 James Bond/Shoulder Roll



Preliminary Activities

- Practise the tuck shape as this is important during the roll.
- Visualise and practise the beginning and finishing positions of this roll.
- Get a partner to trace on your back the shape and points which make contact with 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.
- Try the roll with hands crossed to the opposite shoulder, or arms extended in front.

