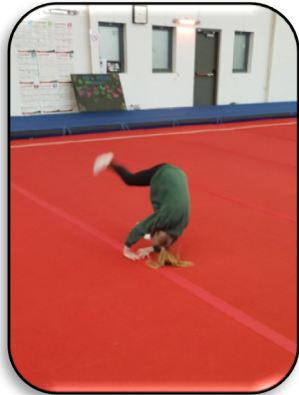


# 6 Wonder Woman Roll



## Teaching Points

- Begin in a standing position and imagine you are holding a large beach ball in front of you.
- Hold one wrist with your other hand – *make the wonder woman cross!*
- Step your legs apart with one leg slightly forward.
- Squat, bend your knees, and lean to the left or the right.
- Roll onto your forearm, shoulder, across the shoulders and back up into a standing position.



## Safety Points

- Maintain the rounded position through the roll - *imagine a beach ball in your arms!*



# 6 Wonder Woman Roll



## Preliminary Activities

- Get a partner to trace on your body the points which contact the ground during the roll.
- Practice making the outline of a wheel shape with your hands.
- Hold a pool noodle with your hands in the shape needed for the roll.
- Discuss the importance of being able to safety roll. When might you need to use this roll?



## Variations

- Encourage pupils to alternate rolling on left and right sides.

