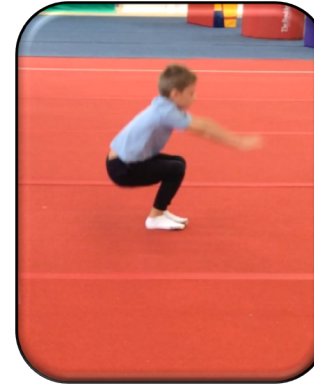
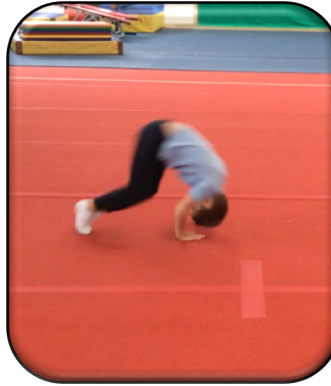


7 Forward Roll



Teaching Points

- Stand with your feet together. Bend your knees and place the palms of your hands on the mat flat and open (fingers spread out) with the fingers pointing forward.
- Lift your hips and bottom.
- Tuck your chin into your knees.
- Push up and forward from the feet.
- Roll like a ball onto the shoulders and upper back. Continue to roll to arrive on to the feet.
- Stretch arms upwards and forwards to achieve the final position.



Safety Points

- The pupil's head should be tucked in and should not touch the mat.
- To help maintain the tucked neck ask the pupil to hold a beanbag under their chin during the roll.
- Ensure pupils have mastered all of the other rolls before beginning to practise the forward roll.



7 Forward Roll



Preliminary Activities

- Ensure pupils can hold a tucked (curled) shape before attempting the forward roll.
- While on their back in a tucked position, ask pupils to rock and roll backwards and forwards. This develops their ability to hold a tuck shape while moving.
- Practise rocking and rolling in time with a partner.
- Rock and roll with increasing momentum placing the two feet solidly on the mat each time.
- Rock and roll on a slightly raised surface (e.g. on four stacked mats) and come to stand on the floor.
- From the floor attempt to rock and roll to stand with support from a partner. The support partner should stand in front with hands extended and with one leg a step behind the other for stability.
- The support partner may also hold an object for the pupil to reach for e.g. hula hoop/quoints.
- Rock and roll to stand from the floor without support.



Variations

- Start with feet astride and finish with the feet together.
- Start with feet together and finish with one leg raised.
- Start with feet together and finish with a straddle sitting or standing position.

