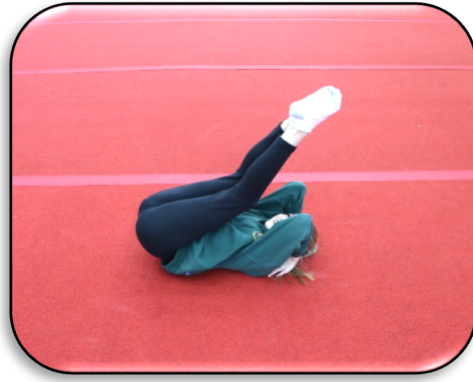


8 Backward Roll



Teaching Points

- Sit or squat at the edge of the mat, facing away from the mat, with your knees tucked in and your feet close to your bottom.
- Place your hands on your shoulders with palms facing up.
- Rock backwards onto your back so that your hands come into contact with the mat.
- In one motion bring your feet over your head, lifting your hips and pressing your hands into the mat, rolling over onto your feet.



Safety Points

- Allow pupils lots of time to practise rocking and rolling. Initially, some pupils may only be able to bring their legs over their shoulders.
- Ensure pupils have mastered all of the other rolls before beginning to practise the backward roll.



8 Backward Roll



Preliminary Activities

- Rock and roll in the backward roll starting position so that hands come into contact with the mat.
- As a prompt, tell the pupils to imagine they have a pizza on top of each hand. As they roll backwards, they have to smush their pizza into the mat.
- Place a beanbag between your ankles. Rock and roll with the beanbag between the ankles, make pizza hands and smush pizzas as you roll, drop beanbag into hula-hoop behind you using only your legs. Maintain the tuck position throughout.
- Rock and roll with a beanbag between your legs, make pizza hands and contact with mat. As the feet come over your head throw the beanbag to partner behind you with your feet.
- Progress to a full backward roll using a slope to create momentum.



Variations

- Rather than a full backward roll some pupils may prefer to perform a back shoulder roll.

