

Forward Roll

Before trying this skill you must be able to perform a Forward Roll from a Low Straddle Position, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include Forward Roll from a Low Straddle Position in your sequence work. If you are not able to do any of the above you should practise your Forward Roll from a Low Straddle Position.

Teaching Points

- Start standing up straight with your feet together
- Move into a standing Puck
- Place your hands flat on the floor close to your feet
- Bend your arms and tuck your head under by putting your chin on your chest
- Push through your feet to straighten your legs
- Roll so that only your shoulders touch the floor and not your head or neck
- Keep your knees together as you roll
- Continue rolling to stand up
- Show Straight, Dish, Puck, Pike, Tuck, Puck, Dish, Straight Shapes as you roll



Forward Roll

Adapting the activity

Enable

- Forward Roll Down a Slope
- Work with a partner, who stands in front of you; as you reach forwards to stand, take their hands so that they can help you to stand up

Challenge

- Roll Forwards to exit in a variety of positions/shapes
- Roll using apparatus

Health, fitness and well-being

- Co-ordination*
- Posture
- Control*
- Strength

If you can

- Perform a Forward Roll, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include a Forward Roll in your sequence work

You can now try the Forward Roll Challenges

Questions

- What happens if you do not stay in a tight Tuck position?
- How do you need to use your arms to make sure you can stand up?



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