

Backward Roll Challenges

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

Challenge

- Backward Roll from Standing Straddle
- Backward Roll to Finish on One Knee
- Backward Roll to Finish in Straddle
- Backward Roll Starting and Finishing in Straddle
- Perform Backwards Rolls using apparatus
- What else could you try?

Health, fitness and well-being

- Control*
- Flexibility
- Co-ordination*
- Posture
- Core stability
- Strength

If you can

- Perform a variety of Backward Rolls, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include a variety of Backward Rolls in your sequence work

You have now successfully completed all the activities in this family of skills



Links to future learning

With support from your teacher or gymnastics coach perform:

- Backward Roll to Handstand
- Backwards Somersault

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