

Backward Roll Down a Slope

Before trying this skill you must be able to perform Push Phase 5, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include Push Phase 5 in your sequence work. If you are not able to do the above you should practise Push Phase 5.

Teaching Points

- Sit in Tuck position at the top of a slope with your back towards the slope
- Roll backwards and place your hands flat on the floor next to your ears
- Push with your hands strongly and quickly to roll backwards to finish on your feet



Backward Roll Down a Slope

Adapting the activity

Enable

- Rolling Over One Shoulder
- Push Phase 1–5

Challenge

- Vary the starting position
- Vary the finishing position
- Try to finish in a balance

Health, fitness and well-being

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

If you can

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

You can now try a Backward Roll

Questions

- Work with a partner and identify which shapes you see
- What do you have to do to finish the roll on your feet? Do you need to push harder and sooner?

