

Forward Roll Off Bench or Box Top

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

Teaching Points

- Start kneeling at the end of a bench or box top
- Place your hands flat on the floor close to the bench or box top
- Bend your arms and tuck your head under by putting your chin on your chest
- Keep Angry Cat back throughout
- 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



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Adapting the activity

Enable

- Practise Rocking and Rolling to Standing position
- 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
- Start in a variety of positions including Bunnies

Health, fitness and well-being

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

If you can

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

You can now try a Shoulder Roll

Questions

- What part of your body should touch the floor as you roll?
- 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?

