

Roll Over One Shoulder

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

Teaching Points

- Start in Tuck Shape
- Roll backwards and over one shoulder
- Keep Angry Cat back throughout
- Put your hands on your thighs as you roll over
- Keep the action controlled in order to place your knees on the floor to finish



Roll Over One Shoulder

Adapting the activity

Enable

- Puck Shoulder Stand
- Tuck Shape

Challenge

- Vary leg position once you have rolled over your shoulder
- Can you finish in a stag position on your knees?
- Perform a Roll Over One Shoulder on apparatus

Health, fitness and well-being

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

If you can

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

You can now try Developing the Push Phase 1

Questions

- Have you got an Angry Cat back throughout the action?
- Did you land safely?
- What helped you stay in control throughout this action?

