

Backward Roll

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

Teaching Points

- Start in a standing position
- Move through Puck shape and lower yourself to the floor
- 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

Adapting the activity

Enable

- All other Backward Roll Family cards

Challenge

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

Health, fitness and well-being

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

If you can

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

You can now try the Backward Roll Challenges

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?



Backward Roll

