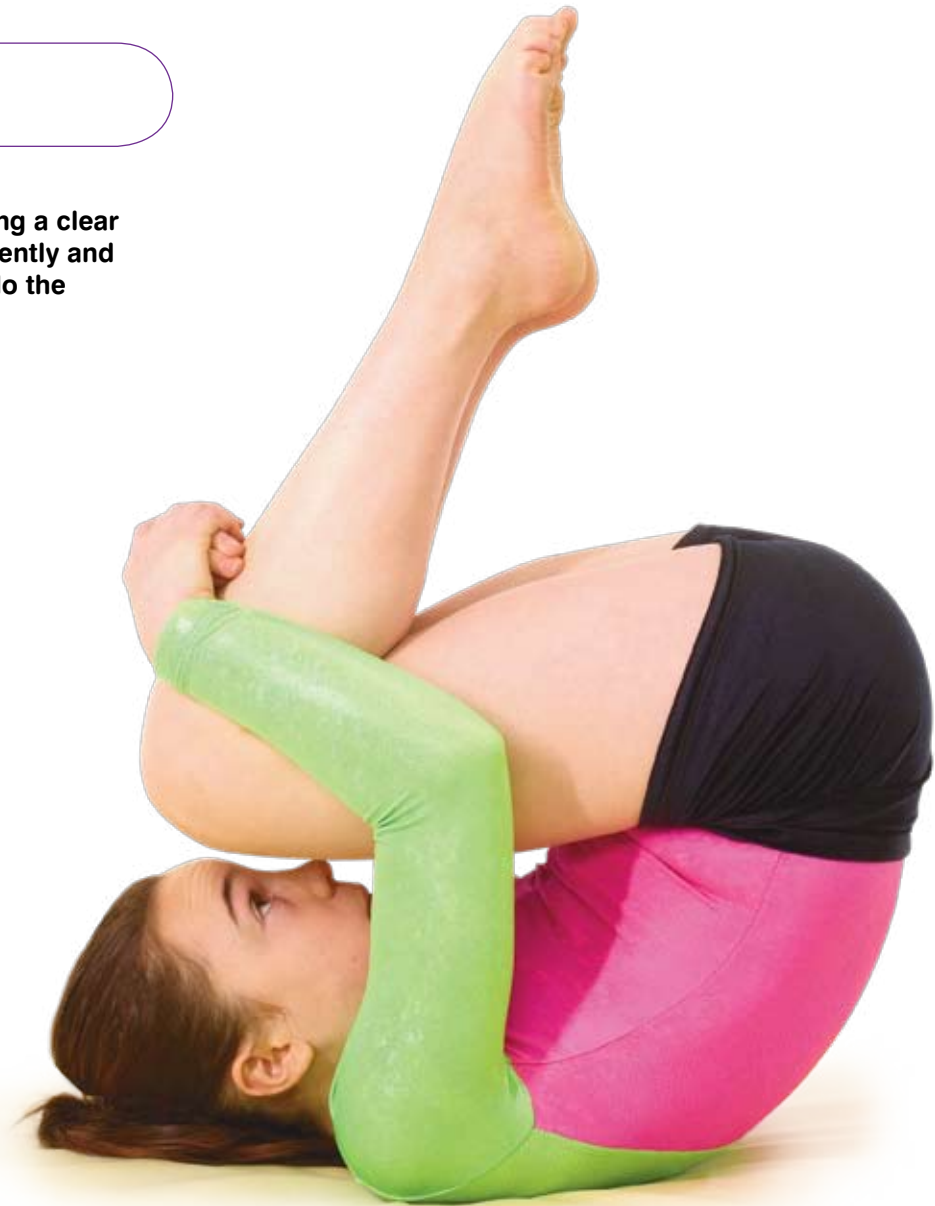


Rocking and Rolling

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

Teaching Points

- Sit in Tuck Shape – hands on shins, elbows in
- Keep Angry Cat back throughout
- Rock back onto your shoulders
- Rock from your shoulders back into your Tuck Shape – keeping hands on knees, elbows in



Rocking and Rolling

Adapting the activity

Enable

- Angry Cat
- Tuck Shape

Challenge

- Start with your arms stretched out in front of you and rock backwards, keeping Tuck shape and arms stretched out throughout
- Try using different leg positions – try to make a symmetrical / asymmetrical shape
- Try performing this action with a partner – varying spatial arrangements and speed
- Perform rocking and rolling on apparatus

Health, fitness and well-being

- Core stability*
- Flexibility
- Posture*
- Strength

If you can

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

You can now try Rocking Backwards into Puck Shoulder Stand

Questions

- Are your knees together all the time?
- Have you got an Angry Cat back throughout the action?
- Can you feel each of your vertebrae touch the floor in turn?

