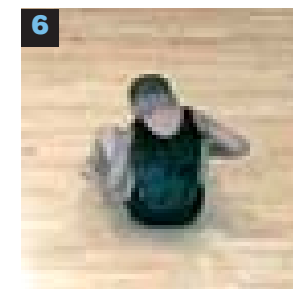
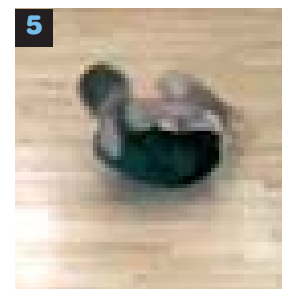
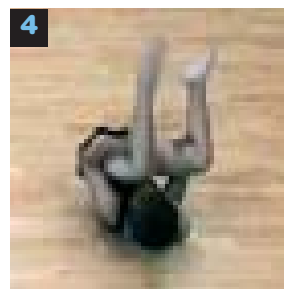
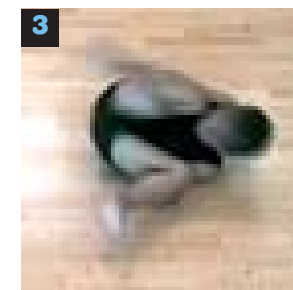
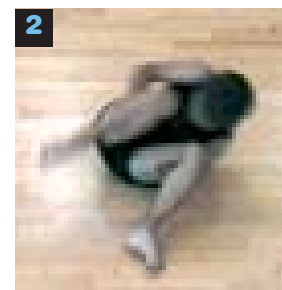
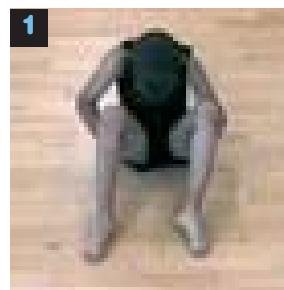
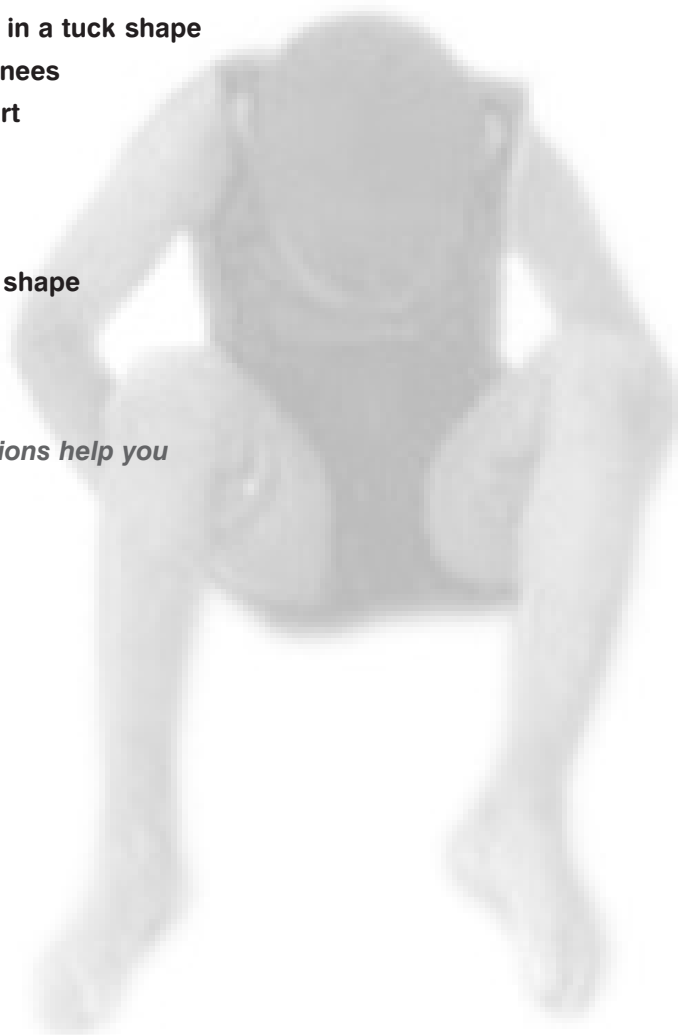


Sumo Roll

- Start sitting on the floor in a tuck shape
- Hold onto legs behind knees
- Feet shoulder width apart
- Holding Angry Cat Back
- Slowly drop onto side
- Roll across back
- Return to sitting in tuck shape

Questions

Which body schooling actions help you to perform this roll?



Sumo Roll

Further teaching points

- To drop slowly onto side by transferring weight
- Keep holding onto back of knees throughout the action
- Keep Angry Cat Back throughout the action
- To return to sitting tuck shape, push on elbow on the floor and pull on opposite leg
- Encourage circling type action

Adapting the activity

Enable

- Practise egg roll
- Practise cat roll
- Decide which way you want to roll, use the arm on that side to reach under knees to initiate roll, similar to cat roll
- Practise tuck and cup shapes

Challenge

- Join several sumo rolls together
- Can you complete exactly a half turn every roll
- Can you straighten your legs and perform roll in straddle pike position – a teddy bear roll

Health Related Exercise benefits

Improves

- Core stability and flexibility

Links to previous learning

- > Cup Shape
- > Tuck Shape
- > Pike Straddle
- > Cat roll

Links to future learning

- > Teddy bear roll
- > Rotation

