

Side Roll

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

Teaching Points

- Starting in Angry Cat position, lift one leg out to the side so that is straight with the foot touching the floor. Lift your arms off the floor until they are out to the side at shoulder height and straighten your body upwards to hold a balance on two points – foot and bent leg
- Lower shoulders to the floor by using the same arm as the bent leg and push it along the floor in front of you keeping it quite close to your legs. This is the same way as you used your arm to perform a Cat Roll
- Aim for a smooth roll across your shoulders with your legs in straddle (star) shape and finish in the same position as you started, but a mirror image



Side Roll

Adapting the activity

Enable

- Practise a Cat Roll
- Practise to finish in an Angry Cat or kneeling position

Challenge

- Start in Side Lunge
- Finish in Side Lunge
- Perform a Side Roll on apparatus

Health, fitness and well-being

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

If you can

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

You can now try a Forward Roll off a bench or box top

Questions

- When do you need to bend and straighten your legs?
- What shape does your upper back need to be to roll smoothly?

