

Rocking and Rolling to Standing Position

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

Teaching Points

- Sit in Tuck shape
- Keep Angry Cat back throughout
- Roll back onto your shoulders, and balance on your shoulders for a moment
- Roll from your shoulders back into your Tuck shape
- As you roll forwards, stay tucked up as your feet touch the ground, reaching forwards with your arms quickly to stand up



Rocking and Rolling to Standing Position

Adapting the activity

Enable

- Rocking and Rolling
- Hold a large ball throughout the action and try to throw it forwards as you stand
- Ask a partner to stand in front of you and hold your hands as you roll forwards to help you to stand

Challenge

- Change the way you exit from this action by varying your leg positions
- Perform Rocking and Rolling to standing position on apparatus

Health, fitness and well-being

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

If you can

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

You can now try a Side Roll

Questions

- Are your knees together all the time?
- Have you got an Angry Cat back throughout the action?
- When do you need to reach forwards with your arms?

