

Shoulder Roll

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

Teaching Points

- Start in the same position as for the Side Roll
- Instead of pushing your arm across your body push it through your legs on the floor, so that you roll diagonally forwards
- Aim for a smooth roll across your shoulders with your legs in a Tuck shape and finish on your knees



Shoulder Roll

Adapting the activity

Enable

- Practise a Cat Roll
- Practise a Side Roll

Challenge

- Try to keep your legs straight or in a straddle shape as you roll
- Roll off two knees
- Try to roll as directly forwards as you can
- Perform a Shoulder Roll on apparatus

Health, fitness and well-being

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

If you can

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

You can now try a Forward Roll Down a Slope

Questions

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

