

Forward Roll Challenges

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

Challenge

- Forward Roll starting in a T balance
- Forward Roll from Standing Straddle
- Forward to Finish on One Knee
- Forward Roll to Finish in Straddle
- Forward Roll to Start and Finish in Straddle
- Perform Forward Rolls using apparatus
- What else could you try?

Health, fitness and well-being

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

If you can

- Perform a variety of Forward Rolls, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include a variety of Forward Rolls in your sequence work

You have now successfully completed all the activities in this family of skills



Links to future learning

With support from your teacher or gymnastics coach perform:

- Handstand Forward Roll
- Dive Forward Roll
- Front Somersault

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