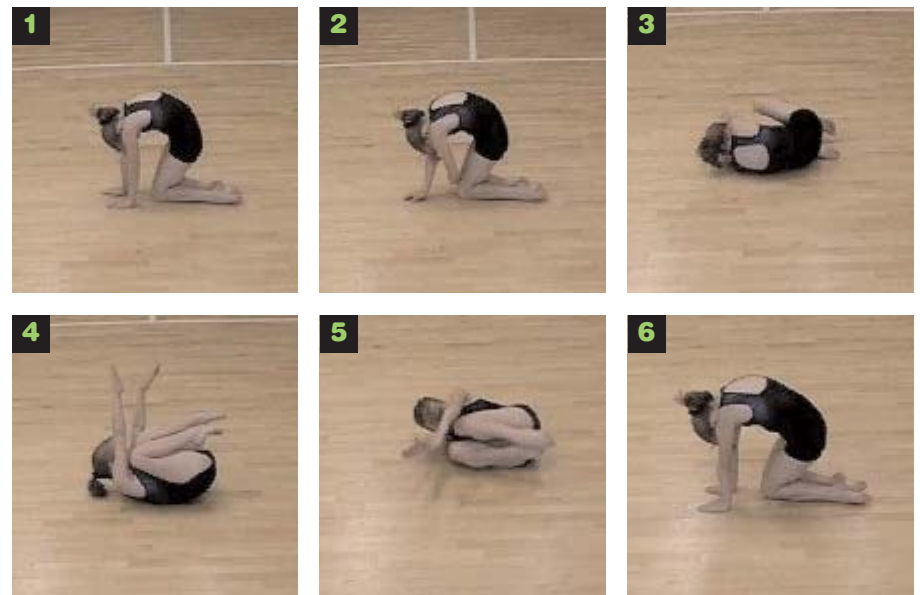


Cat Roll

- Start on hands and knees, angry cat position
- Lower shoulder to floor by placing one arm under and across body
- Try to aim for a smooth roll from hand and knees to back to hand and knees
- Hold angry cat throughout the movement



Cat Roll

Further teaching points

- Lower shoulder to floor by placing one arm under and across body
- Try to aim for a smooth roll from hand and knees to back to hand and knees
- Keep angry cat throughout the movement

Adapting the activity

Enable

- Start in tucked position on back and roll to knees
- Start in upside down angry cat position and roll to hands and knees

Challenge

- Try the full roll in a tight ball shape
- Roll very quickly
- Change the shape when on back
- Start and finish roll on one knee with other leg extended to side and back upright

Health, fitness and safety

Improves

- Posture
- Strength of stomach
- Flexibility of shoulders and back

Links to future learning

- > All types of rolling

