

# **PE LESSON**

**Year 3**

**4.2.21**

# PE – GYMNASTICS WEEK 3 ROLLING, ROLLING, ROLLING

Last week we started to practise our jumping skills in gymnastics focusing on half and full turns before linking jumps with balances together. Well done to those who took part in school and at home.

This week is rolling. Please only perform the rolls in this lesson in a safe place with adult supervision. Remember to warm up and just do what you can...

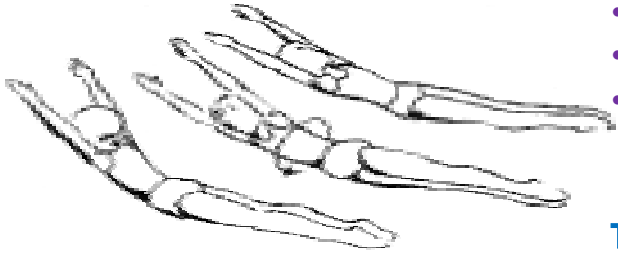
Warm up by recapping our jumping lesson from last week, make it more fun by using a partner or an object to jump over safely. They could perform a low balance whilst you move over them and vice versa.

## *Ways to Move Over a Partner*

- *Jump over – two feet to two feet*
- *Leap over – one foot to the other foot*
- *Hop over*
- *Step over*
- *Step over on hands and feet*
- *Bunny jump over – hands and feet first*
- *Cartwheel over*

# Rolls to begin with...

## 1) Pencil Roll



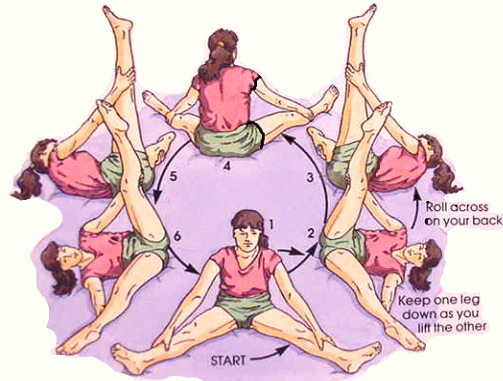
- Body Straight
- Legs together
- Toes Pointed

### Make it Harder

Try a pencil roll where only your mid section can touch the floor

## 2) Teddy Bear Roll

- Sit in straddle position
- Legs straight and toes pointed
- Hands just below knees
- Back rounded



Practise each until you have mastered them....

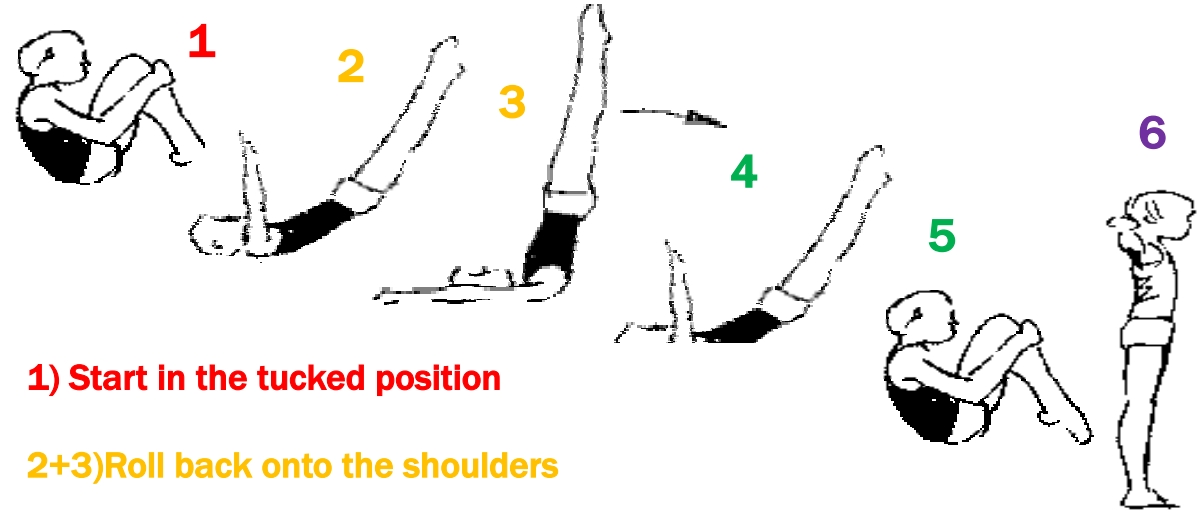
### Questions to think about

How can you get into this roll?

How can you get out of this roll?

Can you think of any other simple rolls?

# Then try this...



1) Start in the tucked position

2+3) Roll back onto the shoulders

4+5) Round your back and roll forward building momentum

6) Try to stand without using your hands



If you have trouble with standing up without using your hands, get a partner to help you by standing in front and offering assistance

If you are feeling confident now safely attempt a forward roll with support using the steps below....

## Forward Roll

### Step 1

From standing bend your knees and straighten your arms in front of you.

Y N

☐ ☐

### Step 2

Place your hands on the floor, shoulder width apart with fingers pointing forward and your chin on your chest.

☐ ☐

### Step 3

Rock forward, straighten legs and transfer body weight onto shoulders.

☐ ☐

### Step 4

Rock forward on a rounded back.

☐ ☐

### Step 5

Stand without using your hands.

☐ ☐

Remember to keep practising until you have got your roll as good as you can...

Now it's your partners turn, help them by being their coach

## Forward Roll

### Step 1

From standing bend your knees and straighten your arms in front of you.

Y N

☐ ☐

### Step 2

Place your hands on the floor, shoulder width apart with fingers pointing forward and your chin on your chest.

☐ ☐

### Step 3

Rock forward, straighten legs and transfer body weight onto shoulders.

☐ ☐

### Step 4

Rock forward on a rounded back.

☐ ☐

### Step 5

Stand without using your hands.

☐ ☐

Think about linking

What travel or balance could come after a forward roll?

# Backwards Roll



## Step 1

From standing bend your knees, chin to chest.

Y

☐

N

☐

## Step 2

Place your hands over shoulders ready.

☐☐

## Step 3

Tuck legs and rock backwards with rounded back.  
Use hands to push you through.

☐☐

## Step 4

Position feet on mat and extend to stand up.

☐☐

Only for very confident rollers!

# Backwards Roll



## Step 1

From standing bend your knees, chin to chest.

Y

☐

N

☐

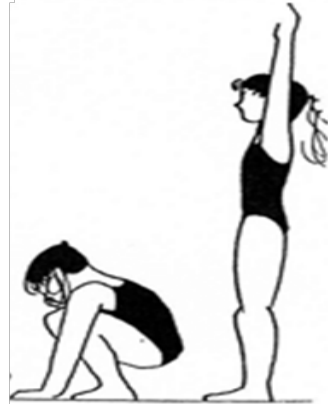
## Step 2

Place your hands over shoulders ready.

☐☐

## Step 3

Tuck legs and rock backwards with rounded back.  
Use hands to push you through.

☐☐

## Step 4

Position feet on mat and extend to stand up.

☐☐

A soft surface is required...

# CAN YOU PROGRESS TO PUTTING YOUR ROLLS INTO A SET SEQUENCE?

Either use one of the sequences above or come up with your own set sequence/routine which has in it a **balance, jump and roll in any order.**

Have fun, be safe and try to take pictures/videos of your PE work to help you improve your future performances!

## *Set Sequences*

### *Sequence 1*

- 1. Tuck jump*
- 2. To crouch & high bunny hop to knees*
- 3. To tucked sideways roll to knee balance*

### *Sequence 2*

- 1. Stretched jump with half turn to crouch and roll back*
- 2. To shoulder balance position*
- 3. Roll backwards, stand and step to single leg balance*