

**Learning Intention: How can you perform different rolls?**

Year 2

**I can perform a T- roll with some control**

**I can a Dish/Arch roll**

**I can perform a Star forward roll on my own good control**

## EQUIPMENT:

Resource cards,  
mats bean bags,  
spots, strips

Note: This may take more than one lesson

### Warm up: Mirror Mirror

Children to skip, jump, hop around in the hall. When teacher calls a shape, children find a partner as quick as possible and perform the shape opposite - like a mirror. Each time they must find different partner

Straight shape

Star shape

Straddle

Star

Tuck

Dish

Arch

Squat

Pike

T-Shape - NEW

Teacher can reward children  
for strong shapes and pointed toes

T-shape



### Activity 1: T - Tuck Roll (see video)

One mat between two.

- Start** Start the T- shape on the mat  
Sit bottom onto legs and fold into tuck shape
- Middle** Perform a controlled tuck roll.
- Finish** When they get to the end of the mat stand up and show a finishing shape

#### Make it easier:

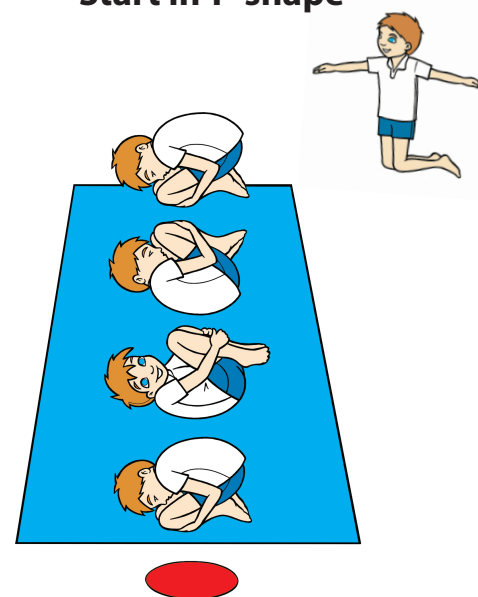
- Give a bean bag to put under their chin - to help them to keep their chin on their chest.

- Put down strips to keep them in a straight line

**Make it harder:** To point their toes.

Linking learning: What  
is the same as?  
Tuck Shape

### Start in T- shape

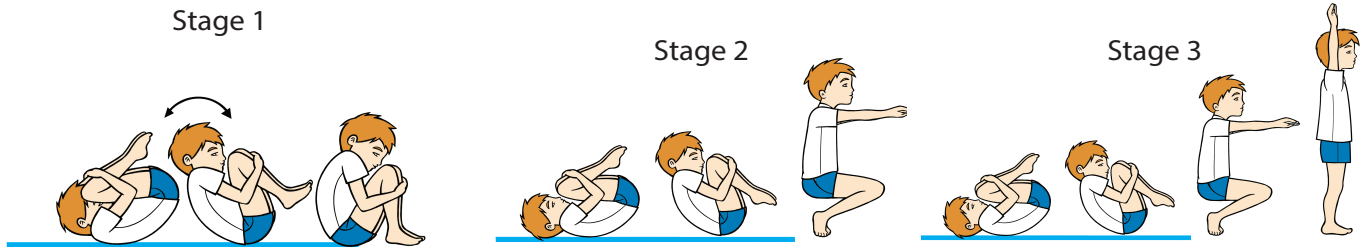


**Control** the roll:  
do not roll off the  
mat!

Activity 2: Tuck Rock **Recap** (see video card) One mat between two.

**Safety:**  
Sit at the front  
of the mat.

**1:** Rock backwards and forwards and explore getting up into different shapes.



- ✓ Look down towards knees, chin on chest
- ✓ Hold onto shins (one hand on each leg)
- ✓ Push feet into floor as you sit up

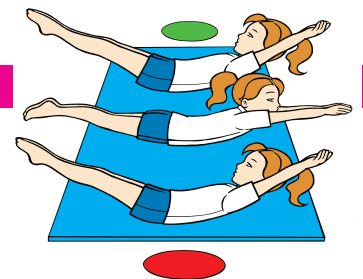
**Make it harder:** Try it without using hands to get up

**While the children are doing A2 & A3 - teacher can choose some children to practice the forward rolls.**

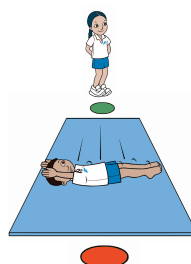
Activity 3: Dish/Arch Roll NEW

One mat between two.

1. **Start** Start in the Dish shape then roll over into Arch shape.
2. **Middle** Continue the controlled roll ( Dish to Arch shape) towards red spot.
3. **Finish** When they get near the red spot –stand up into a straight shape.



**Make it easier:** Perform a log roll



## Activity 4: Sequence Fun

Children to make up a short sequence: 2 Rolls, 2 Jumps.

**Linking learning:** Think about your travelling moves from last lesson

Children to think about how they can link their sequence with a **travelling** move- they could now use their **rolls** too!

Children to think about how they can move from the floor to standing e.g. Tuck rock to standing

## Forward Roll activity : Star Shape Forward Roll (see video clip)

1. Teacher to have a forward roll mat – positioned at the corner of the room so they can still see every child.
2. Teacher to invite children in their pairs to come to the Forward Roll mat. Start with the **More Able** children.
3. Teacher to support child with Forward Roll – ensure child's head is tucked in and follow resource card.
4. Only children that receive a star sticker can continue to practise their forward rolls on their own. Reward all children for attempting Forward Roll.

**Note:** While teacher is working with individuals the rest of the children are practising their side rolls or making up a sequence using rolls and shapes.



**Make it easier:** Teacher to use a springboard/wedge to help with Forward Roll

**Make it harder:** Star shape roll on a mat

**Cool Down:** Lie down on the floor. Teacher to count to ten children to grow into their favourite shape.

**Plenary:** Ask the children what is important when performing the rocks or rolls. How did they add it into a sequence?