

Learning Intention: To perform different rolls

EQUIPMENT:

Music/tambourine, resource cards, mats, spots, bean bags.

Physical Development (Gross Motor Skill ELG) :

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, skipping and climbing

Warm up: Musical Shapes



Negotiate Space

Play music or shake a tambourine. Children to skip, hop, jump around the given area like a gymnast (e.g. pointed toes). When you stop the music/tambourine children freeze in a strong shape. Teacher can call the shape for a **progress check** or let them choose. Shapes: Straight Rocket, Straddle Star, Tuck Planet, Dish, Arch Alien, Squat Alien, Pike Alien, Star. You can also progress to jumps.

Activity 1: Tuck Rock

Safety: Children to sit at the front of their mat when trying the Tuck Rock to avoid banging their head on the floor.

One mat between two. See resource card. Teacher or **More Able** child to demonstrate the Tuck Rock.

Stage 1: Rock backwards and forwards in a Tuck planet shape (remember to keep **tucked** in)

Stage 2: Rock backwards and forwards and come up into a Squat Alien shape.

Stage 3: Rock backwards and forwards and stand up in a Straight Rocket Shape - try without using hands to push up.

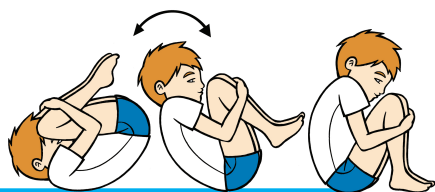
Stage 4: Rock backwards and forwards and explore getting up into different shapes

Stage 5: Perform Rocks to the class. Children to give feedback to performers. (AFL)

Make it easier: To be given a bean bag to put under their chin to help keep their chin on their chest.

Make it harder: To be able to stand up into a Straight shape without using their hands.

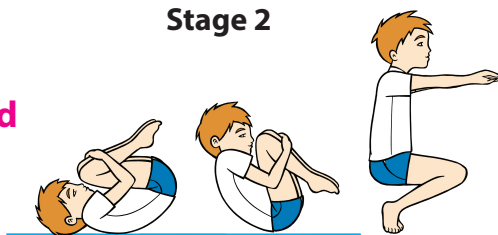
Stage 1



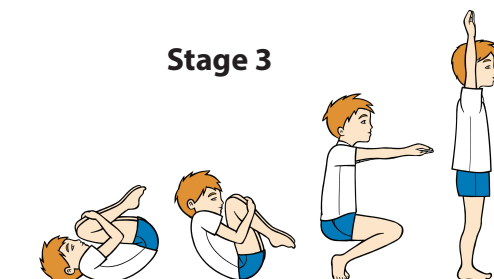
Note: Children to sit next to their partner at the front of the mat, working at the same time.

Keep nice and **tucked** in

Stage 2



Stage 3



Demonstrate strength

Activity 2: Tuck Roll



Demonstrate strength

See resource card for Tuck roll: this can be displayed for the children.

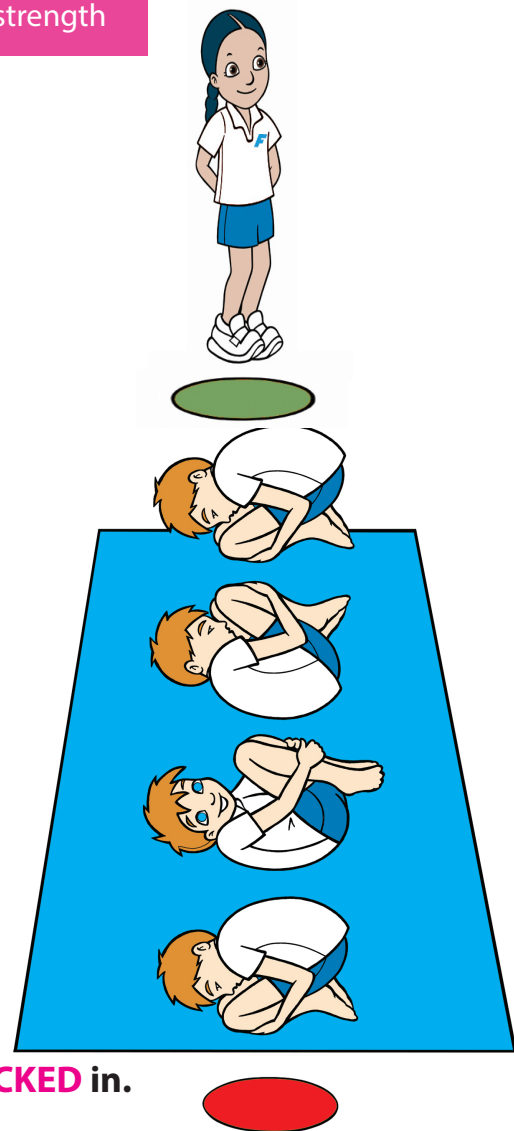
One mat between two.

1. **Start** – on the mat start in Tuck Planet shape on knees.
2. **Middle** – controlled Tuck roll towards the red spot.
3. **Finish** – when they get to the red spot, stand up into a Straight Rocket shape.

Make it harder: To **start** and **finish** in different shapes on the green and red spot. Demonstrate to class or to another pair. Children to give feedback. (AFL)

Safety:

Do not roll off the mat!



Remember to keep keep body **TUCKED** in.

Activity 3: Rock and Roll



Demonstrate strength

Children to work on their mat with their partner. Teacher calls '**Rock**' – children practise their **Tuck Rock**.

If the teacher calls "**Tuck Planet Shape**", "**Squat Alien**" or "**Rocket**": the quickest pair to get into the shape from their **Tuck rock** win a house point/sticker.

If the teacher calls "**Tuck Roll**": the children perform one at a time on their mat – the best Tuck roll wins a house point/sticker.

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 rolls.