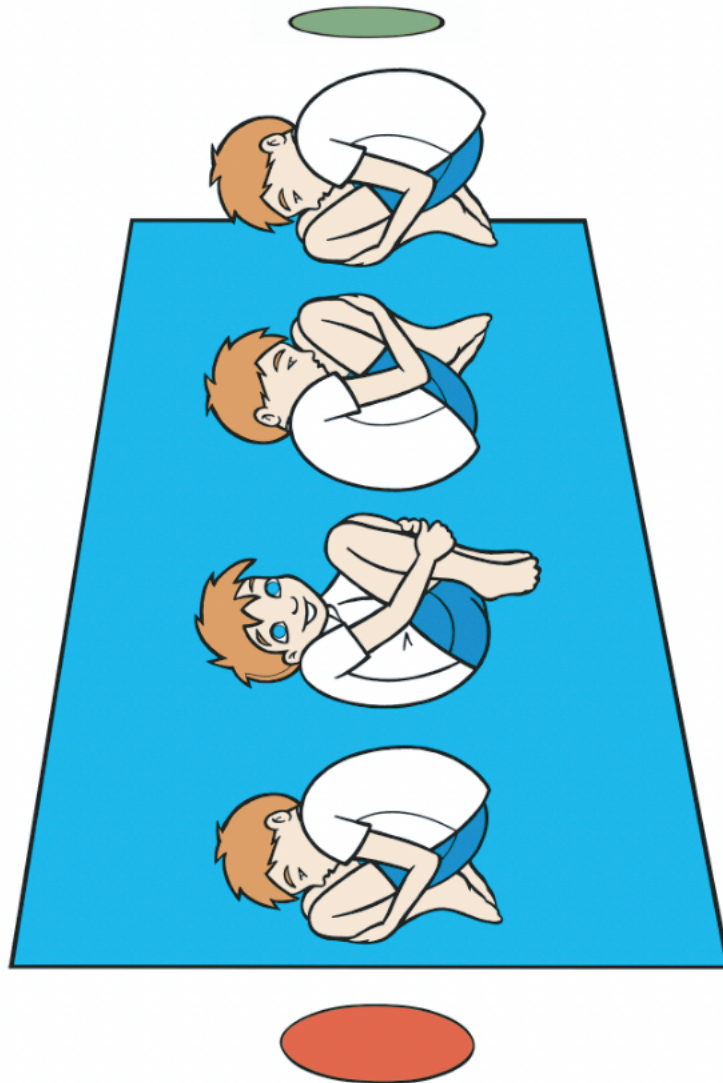


# Tuck Roll

- a) Children start in a Tuck shape on their knees.
- b) Children to make their body as small and as tight as possible.
- c) Roll onto their side, back, then side.
- d) They will complete the roll by rolling on to their knees
- e) Finish position is in the same shape as they started.
- f) Control and maintain speed and shape.
- g) Keep your knees together chin on chest
- h) Important do not roll off the mat!



# Tuck roll

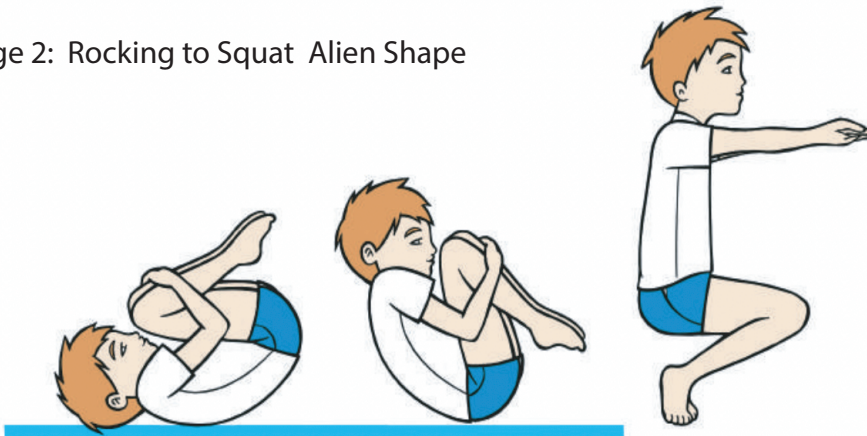
# Tuck Rock

Stage 1: Rocking to Tuck Planet shape

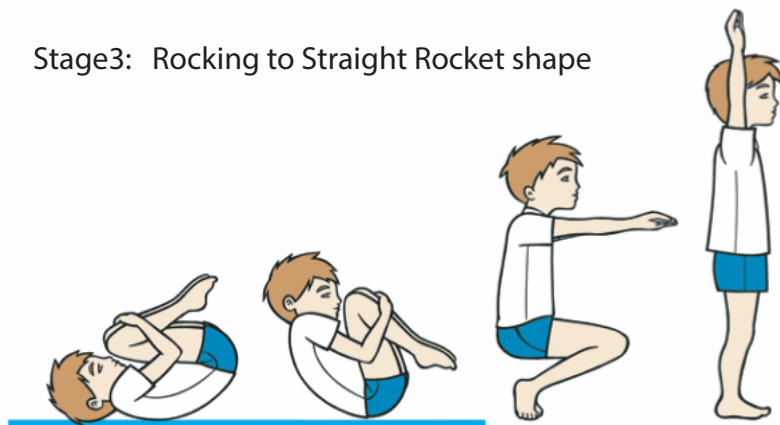


- a) Start sitting in tuck shape at the front of the mat.
- b) Cuddle your knees up tight.
- c) One hand on each shin.
- d) Keep your chin on your chest
- .e) Rock backwards and forwards.

Stage 2: Rocking to Squat Alien Shape

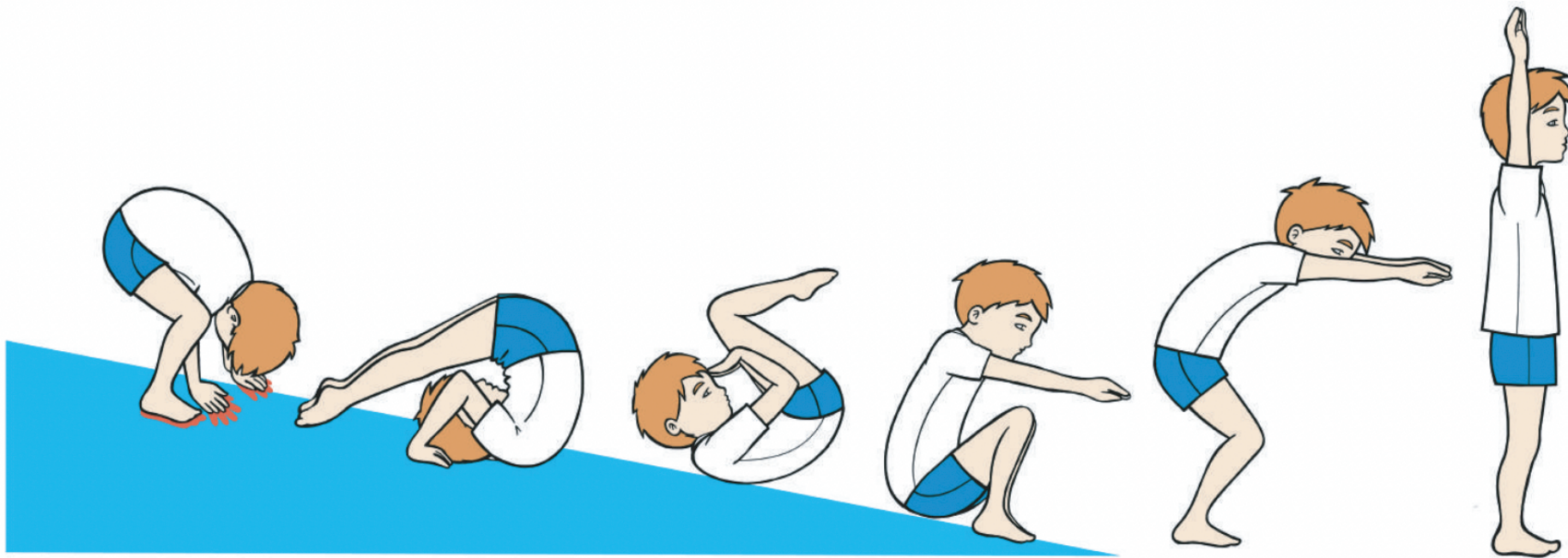


Stage3: Rocking to Straight Rocket shape



# Tuck rock

# Star Forward roll



Always place mat on springboard or use a wedge. Stand in a Star shape on springboard. Bend knees and place your hands on the throw-down hands close to your feet. Put your chin on your chest: look through legs. Teacher to support if required.

Roll onto shoulders,

then back,

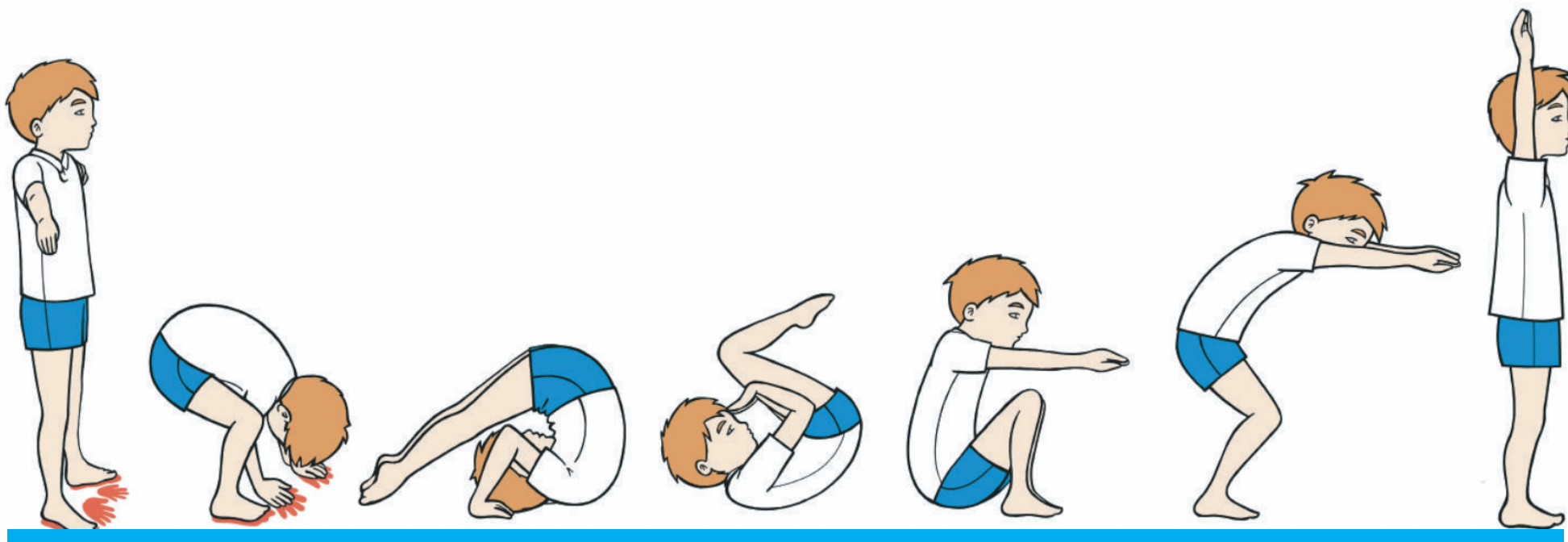
then bottom,

stand up,

Finish in Straight shape

**SAFETY** – Head should be tucked in when performing a forward roll.  
– Forehead should NOT touch the springboard.  
– Roll onto shoulders.

# Star Forward roll on mat



Stand in a Star shape.  
Bend knees and place your hands  
on the throw-down  
hands close to your feet.  
Put your chin on your chest,  
look through legs.

Roll onto shoulders,

then back,

then bottom,

stand up,

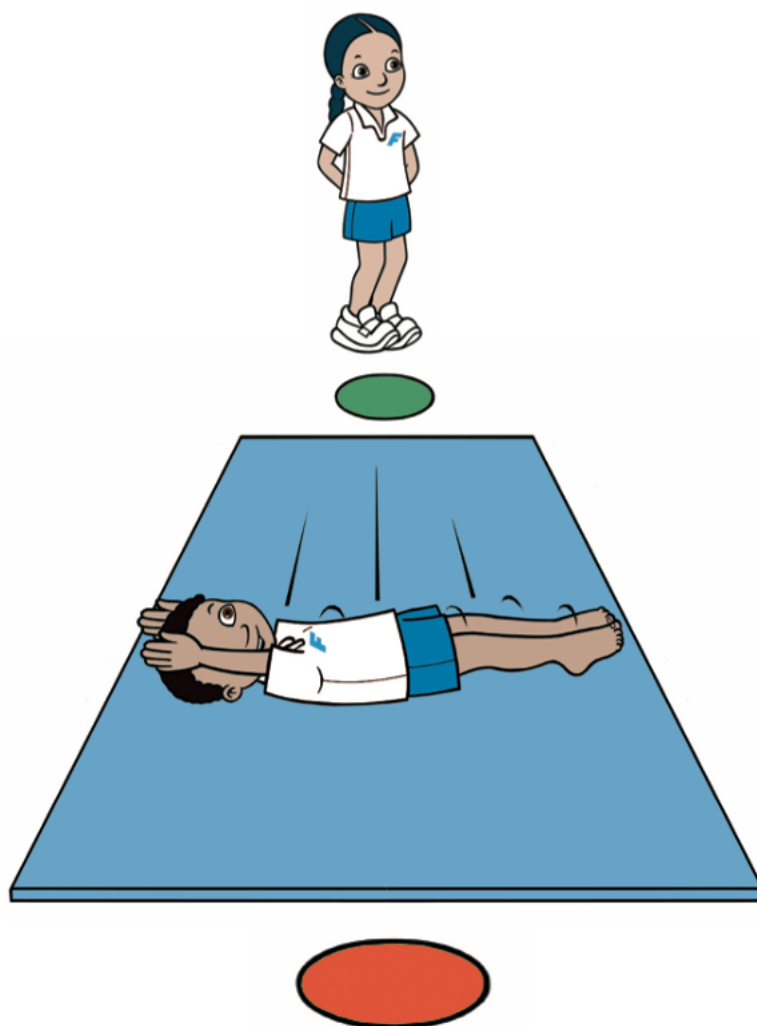
Finish in Straight shape

- SAFETY** – Head should be tucked in when performing a forward roll.  
– Forehead should NOT touch the springboard.  
– Roll onto shoulders.



# Straight Rocket Roll (Log Roll)

- a) Lay down on your back in a Straight shape.
- b) Stretch from your toes to your fingers.
- c) Roll onto your tummy keeping in your Straight shape.
- d) Then roll onto your back again in the Straight shape.
- e) Remember to keep strong .
- f) Point your toes!



# Straight Rocket Roll