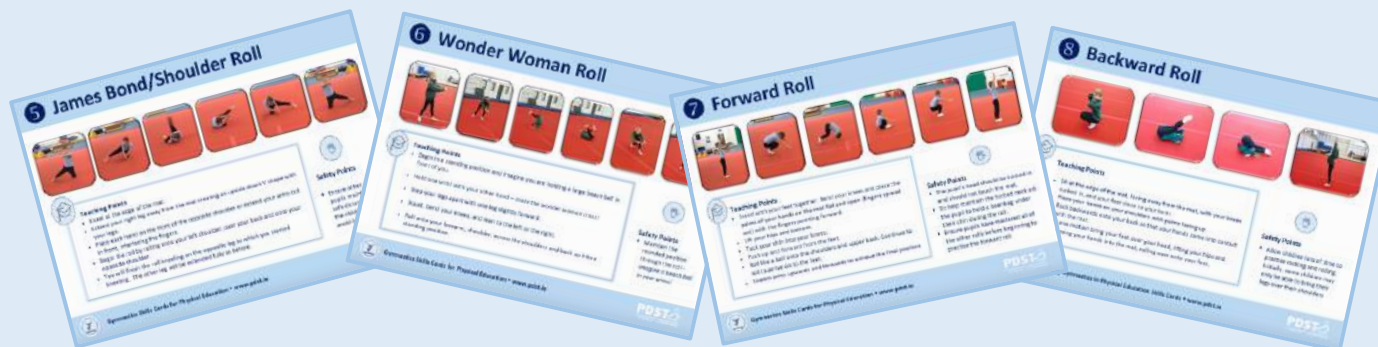




GYMNASTICS SKILLS CARDS



Rolling is an important element of the Gymnastics strand of the PE curriculum. The PDST Primary PE Team have developed this set of skills cards to support you in safely teaching a wide variety of rolling techniques and progressions within gymnastics at all class levels.

1. Pencil/Log Roll
2. Egg/Tuck Roll
3. Dish/Arched Back Roll
4. Straddle/Teddybear Roll
5. James Bond/Shoulder Roll
6. Wonder Woman Roll
7. Forward Roll
8. Backward Roll

To attend a PDST gymnastics workshop or to apply for in-school gymnastics support, visit www.pdst.ie

1 Pencil/Log Roll



Teaching Points

- Lie flat on a mat with your arms stretched straight over your head and feet stretched away from your body.
- Roll to the left or right, completing a full rotation of the body.
- Keep your ankles and feet together.
- Squeeze your tummy, leg and bum muscles together.
- Complete a number of rotations one after the other.



Safety Points

- The roll can begin by lying on the back or the front.
- Ensure that bodies are tight and straight during the roll.
- Maintain a tucked chin.



1 Pencil/Log Roll



Preliminary Activities

- While standing, make a straight shape - *as tall as the tallest tree!*
- While lying down, make a straight shape – *as long as the longest log!*
- Move from a tense body position to a loose body position both standing up and lying down.
- Hold a tense body position for five seconds without moving each time.
- Try this roll with your arms down by your side.



Variations

- Encourage pupils to choose a favourite standing shape. Make this shape before and after performing the roll.
- Try to roll with a beanbag between the knees or ankles.



2 Egg/Tuck Roll



Teaching Points

- Kneel on the floor, tuck your knees into your chest and hold your arms tightly to the side of the body.
- Keep your chin tucked in and shoulders just off the floor to keep the rounded shape.
- Roll to the left or right, until you return to your starting position, completing a full rotation of the body.
- Remain in the same position and continue to roll.



Safety Points

- Make as small a shape as possible – *as small as a snail!*
- Bodies should be curled up tightly when rolling.



2 Egg/Tuck Roll



Preliminary Activities

- Make a tuck shape lying on the back - *as small as a baby turtle!*
- Make a tuck shape on your knees – *as small as a mouse!*
- Go from a tense tucked body position to a loose body position on the back and knees.
- Hold a tense body position for five seconds without moving each time.
- Try and keep a tight tucked position when gently shaken by a partner.



Variations

- Try starting the roll lying on your back instead of from a kneeling position.
- Is it easier to build momentum and speed by beginning on your back or your knees?



3 Dish/Arched Back Roll



Teaching Points

- Lie on your back with your lower back pressed into the mat.
- Lift your shoulders, arms and legs off the mat making a dish shape.
- Keep your arms, legs and shoulders as straight as possible.
- Turn your head, look under your arm and initiate the roll.
- Roll onto your tummy into an arched 'superman' position.
- Keep your head between your arms and squeeze the legs together.
- Keep arms and legs straight and off the ground.
- Roll again onto your back into the dish position.



Safety Points

- The roll can begin by lying on the back or the front.
- Keep arms close to your ears with palms facing outwards.
- Lower back remains on the ground in dish position.
- Shoulders and legs remain off the ground in both positions.



3 Dish/Arched Back Roll



Preliminary Activities

- Lie flat on your back and lift your arms and shoulders to make a **half** dish shape.
- Lie flat on your back and lift your legs to make a **half** dish shape.
- Lie flat on your back and lift up into a full dish position.
- Lie flat on your tummy and lift your arms and shoulders to make 'superman' arms.
- Lie flat on your tummy and lift your legs to make 'superman' legs.
- Lie flat on your tummy and lift up into a full arch position – *Superman!*



Variations

- Begin by lying on your back with arms and legs straight up in the air.
- Slowly lower both towards the ground until the dish is created.



4 Straddle/Teddy Bear Roll



Teaching Points

- Sit on the floor with your legs straight and spread apart - in a straddle shape.
- Sitting tall, place your hands behind your knees. Maintain this shape throughout the roll.
- Lean to the left, drawing your right leg upwards to initiate the rolling action.
- Roll sideways across your back and shoulder.
- Finish in a straddle shape facing in the opposite direction from where you started.
- Repeat the roll again until you have completed a full circle.
- Try this back to back with a partner!



Safety Points

- Other pupils should maintain a safe distance from the child rolling to avoid injury.
- Where possible, remove shoes for this roll.



4 Straddle/Teddy Bear Roll



Preliminary Activities

- Go from a loose body position to the straddle position.
- Try and keep a tight straddle position when gently shaken by a partner.
- Get a partner to trace on your back the shape and points which contact the ground during the roll.
- Use spot markers to mark where the pupil's shoulder should make contact with the floor.



Variations

- Encourage pupils to alternate rolling on left and right sides.
- To roll simultaneously with a partner sit back to back. Both pupils roll in the same direction, either to the left or the right to finish in their partner's original position.



5 James Bond/Shoulder Roll



Teaching Points

- Kneel at the edge of the mat.
- Extend your right leg away from the mat creating an upside down V shape with your legs.
- Place each hand on the front of the opposite shoulder or extend your arms out in front, interlacing the fingers.
- Begin the roll by rolling onto your left shoulder, over your back and onto your opposite shoulder.
- You will finish the roll kneeling on the opposite leg to which you started kneeling. The other leg will be extended fully as before.



Safety Points

- Ensure other pupils maintain a safe distance from the child rolling to avoid injury.



5 James Bond/Shoulder Roll



Preliminary Activities

- Practise the tuck shape as this is important during the roll.
- Visualise and practise the beginning and finishing positions of this roll.
- Get a partner to trace on your back the shape and points which make contact with the ground during the roll.
- Use spot markers to mark where the pupil's shoulder should make contact with the floor.



Variations

- Encourage pupils to alternate rolling on left and right sides.
- Try the roll with hands crossed to the opposite shoulder, or arms extended in front.



6 Wonder Woman Roll



Teaching Points

- Begin in a standing position and imagine you are holding a large beach ball in front of you.
- Hold one wrist with your other hand – *make the wonder woman cross!*
- Step your legs apart with one leg slightly forward.
- Squat, bend your knees, and lean to the left or the right.
- Roll onto your forearm, shoulder, across the shoulders and back up into a standing position.



Safety Points

- Maintain the rounded position through the roll - *imagine a beach ball in your arms!*



6 Wonder Woman Roll



Preliminary Activities

- Get a partner to trace on your body the points which contact the ground during the roll.
- Practice making the outline of a wheel shape with your hands.
- Hold a pool noodle with your hands in the shape needed for the roll.
- Discuss the importance of being able to safety roll. When might you need to use this roll?



Variations

- Encourage pupils to alternate rolling on left and right sides.



7 Forward Roll



Teaching Points

- Stand with your feet together. Bend your knees and place the palms of your hands on the mat flat and open (fingers spread out) with the fingers pointing forward.
- Lift your hips and bottom.
- Tuck your chin into your knees.
- Push up and forward from the feet.
- Roll like a ball onto the shoulders and upper back. Continue to roll to arrive on to the feet.
- Stretch arms upwards and forwards to achieve the final position.



Safety Points

- The pupil's head should be tucked in and should not touch the mat.
- To help maintain the tucked neck ask the pupil to hold a beanbag under their chin during the roll.
- Ensure pupils have mastered all of the other rolls before beginning to practise the forward roll.



7 Forward Roll



Preliminary Activities

- Ensure pupils can hold a tucked (curled) shape before attempting the forward roll.
- While on their back in a tucked position, ask pupils to rock and roll backwards and forwards. This develops their ability to hold a tuck shape while moving.
- Practise rocking and rolling in time with a partner.
- Rock and roll with increasing momentum placing the two feet solidly on the mat each time.
- Rock and roll on a slightly raised surface (e.g. on four stacked mats) and come to stand on the floor.
- From the floor attempt to rock and roll to stand with support from a partner. The support partner should stand in front with hands extended and with one leg a step behind the other for stability.
- The support partner may also hold an object for the pupil to reach for e.g. hula hoop/quoits.
- Rock and roll to stand from the floor without support.



Variations

- Start with feet astride and finish with the feet together.
- Start with feet together and finish with one leg raised.
- Start with feet together and finish with a straddle sitting or standing position.



8 Backward Roll



Teaching Points

- Sit or squat at the edge of the mat, facing away from the mat, with your knees tucked in and your feet close to your bottom.
- Place your hands on your shoulders with palms facing up.
- Rock backwards onto your back so that your hands come into contact with the mat.
- In one motion bring your feet over your head, lifting your hips and pressing your hands into the mat, rolling over onto your feet.



Safety Points

- Allow pupils lots of time to practise rocking and rolling. Initially, some pupils may only be able to bring their legs over their shoulders.
- Ensure pupils have mastered all of the other rolls before beginning to practise the backward roll.



8 Backward Roll



Preliminary Activities

- Rock and roll in the backward roll starting position so that hands come into contact with the mat.
- As a prompt, tell the pupils to imagine they have a pizza on top of each hand. As they roll backwards, they have to smush their pizza into the mat.
- Place a beanbag between your ankles. Rock and roll with the beanbag between the ankles, make pizza hands and smush pizzas as you roll, drop beanbag into hula-hoop behind you using only your legs. Maintain the tuck position throughout.
- Rock and roll with a beanbag between your legs, make pizza hands and contact with mat. As the feet come over your head throw the beanbag to partner behind you with your feet.
- Progress to a full backward roll using a slope to create momentum.



Variations

- Rather than a full backward roll some pupils may prefer to perform a back shoulder roll.





**Professional Development
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