

Gymnastics @ Home

Active me: Can you explore different ways of rolling or rotating?
Take a look at some different moves below, can you do any?

Rolls & Rotations – Stage 1



Gail's Tips – Egg Roll

Keep chin tucked in. Keep knees in tuck shape, start on your back or front, whichever works best for you.

Gail's Tips – Teddy Bear Roll

Sit in a straddle position. Legs straight and toes pointed, hands just below knees and back rounded. Roll on your back only, shoulder to shoulder.

Recommendations:

- Check with an adult before starting
- Tie hair back & no jewellery
- Make sure you have enough suitable space around you and that there are no hazards

Physical activities can have a risk of injury, please ensure you participate in activities suitable to your skill level. Taking part in the activities are at your own risk.

Develop me:

How many different rolls/rotations can you do?

Do you travel from one spot to another during the move?

Could you make one roll or rotation really quick and one really slow?

Challenge me:

Could you put 2 or 3 rolls together? Can you find different ways to move between each one?



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Active me: Can you perform a rotation or roll of your choice?
Take a look below, can you do any?

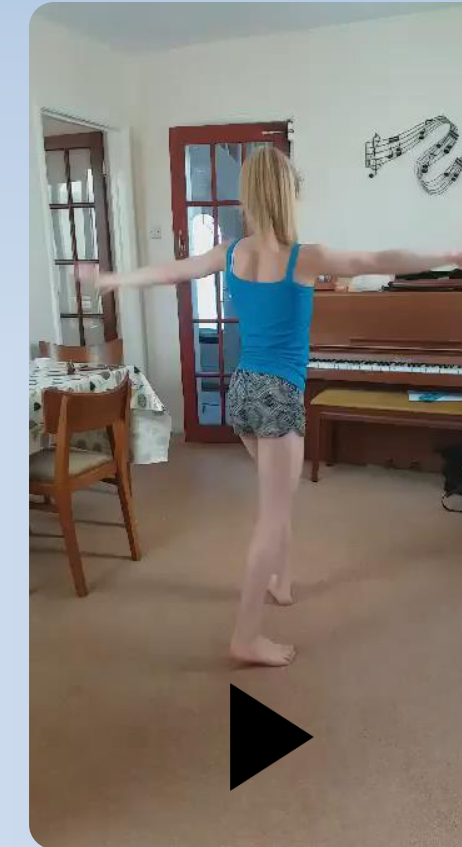
Rolls & Rotations - Stage 2



Gail's Tips – Log Roll
Arms stretched up and
squeeze your ears



Gail's Tips – Cartwheel
Fingers together and lunge into your cartwheel.
Think of a rainbow shape ... 1st hand, 2nd hand,
1 foot & then 2nd foot down.



Develop me:
Explore the
transfer of
weight during
your roll or
rotation.
Does your weight
move to different
body parts
during the
move?

Recommendations:

- Check with an adult before starting
- Tie hair back & no jewellery
- Make sure you have enough suitable space around you and that there are no hazards

Physical activities can have a risk of injury, please ensure you participate in activities suitable to your skill level. Taking part in the activities are at your own risk.

Challenge me:
Could you link a couple of
rotations or rolls together?
Could you find different
ways to travel between
each one?



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Active Me: Can you perform a roll or rotation of your choice?
Take a look below, can you do any?

Rolls & Rotations - Stage 3



Gail's Tips - Forward Roll

Chin on chest throughout. Push from feet. Tighter tucked knees into tummy makes it easier to stand up.

Gail's Tips - Backward Roll

Chin on chest throughout, squat position, push through the heels and then push through hands and into the squat position. You could land on your knees, feet or front support.

Recommendations:

- Check with an adult before starting
- Tie hair back & no jewellery
- Make sure you have enough suitable space around you and that there are no hazards

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Develop me:
Explore your start and finish position.
Could you get a family member to capture the roll or rotation?
Is the move controlled?
Do you think you could make any improvements?

Challenge me:
Could you perform a sequence which includes 3 rolls or rotations, ensuring you travel smoothly between each one?



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