



Willow Class

Physical Education Home Learning Topic For This Week: Gymnastics

Wednesday 8th April Activity: Rolling

During our gymnastics lessons we concentrate on 3 areas, namely floor work movements, jumping and rolling.

Before the start of each activity take some time to complete some stretching to warm the body up so you're ready to begin. the link below is a good warm up you can follow: <https://youtu.be/dRQf3yFXO1Y>

Aim: This activity will help improve your child's core strength, confidence and knowledge of rolling. The aim is to learn 3 rolls that are called log roll, teddy bear roll and forwards roll. Please make sure you support your child whilst they're carrying out this activity to avoid them bumping their head when attempting to roll.

Resources Required: Space, and a mat or soft floor. Be sure to use the links provided too.

Method: Log Roll – Lay on your back, flat on the floor with your arms and legs stretched out. Begin to roll to one side keeping your body straight until you are on your tummy, try to keep momentum to continue to roll for 2 or 3 rotations. <https://youtu.be/MdGgWfOKp2Y>

Teddy Bear Roll – Sitting up with your legs out wide and your hands behind your knees. roll backwards on to your right shoulder, allowing your back to touch the floor and then on to your left shoulder. Keep momentum to allow yourself to sit back up facing the opposite way. https://youtu.be/rruAv_HdE70

Forward Roll - Standing up straight, tuck your chin in to your chest, lower your hands to the floor. Begin to roll forward, pushing with your feet to generate the momentum to complete a forward's roll. Use a platform to stand on to help. <https://youtu.be/bljzkeGa5cM>

Variations of this Activity: When your child has completed all of the 3 rolls and is comfortable with them you can make them into a sequence. Log Roll into a Teddy Bear Roll and finishing with a Forwards Roll. Don't forget to get your child to show their finishing pose!