

# Forward Rolls

**Equipment:** Incline mat, balance beam (either a squishy one or one of the “road” elevated beams),

**(4 Minutes) Introduction:** Go over the proper positions for all parts of the roll: Straight body-squat-chin tuck-push with feet (not kick)-roll back to squat-stand in straight body. Start everyone on a mat rectangle and practice at least the straight body-squat (the beginning) and then the squat-straight body (ending) a few times-if they can roll alone they can all try and hopefully not collide with each other. Then have everyone sit in a tuck and practice tucking a rolling down and up. For fun, have kids rock back and then reach up for your hands in front of them and help them pull up without using their hands on the floor.

**(12 Minutes) Incline (also try to use 3 mats on this side if there’s space)**

- 1) Regular forward rolls, standing straddle rolls, free rolls (standing in straddle with arms out to the side), sitting straddle rolls, front scale rolls, pike rolls (roll without bending legs).
- 2) Combine two of any roll
- 3) Do any of the rolls into a cartwheel

Side activities: cartwheels on side mat, straight body to squat to straight body jumps on dots, sit on a dot and try to bend knees in to a tuck and stand up without using hands, straddle presses (sit in straddle and try to push bottom up), tuck and rolls on 3<sup>rd</sup> mat, try forward roll on 3<sup>rd</sup> mat holding bean bag or small toy-roll and as soon as they sit up throw the toy towards a bucket

**(12 Minutes) Beam**

- 1) Squat mount, forward roll, making sure to bend knees in to stand up on top of the beam, tuck jump dismount
- 2) Dive roll mount, reaching forward through bent knees to bear walk the rest of the beam, flank dismount
- 3) Straddle mount, stand, quarter pivot into a front scale forward roll, sideways jump dismount

Side activities: balance in front scale and try to touch toes, balance in straddle and stretch down to touch the floor directly between open feet and slide feet outward more to middle splits, sit and hold in tuck and rock back slightly to balance on booty for 5 seconds without dropping feet AND sit in tuck-melt down to laying flat with arms and legs spread out and then try to scoop back up to tuck (both work on ab muscles and core strength).

**(5 Minutes) Ending Activity:** Body Tag-everyone is “it” and all have to try to tag a specific body part (hand, elbow, knee, shoulder, etc). If tagged, the kid has to do 5 squat to straight body jumps before they can continue trying to tag someone else.

Last couple of minutes should be used for stamps etc