



Year: \_\_\_\_

Area: Gymnastics

MF: Tucked/Egg Roll

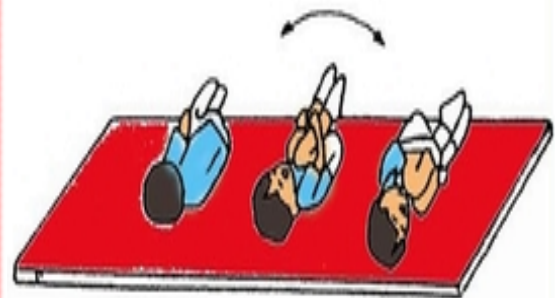
### Lesson 1: Tucked/Egg Roll

#### Warm up: Fireworks

The aim of this activity is to get your children to tuck up small at first and then once the teacher shouts, "BOOM!" jump up high in the air and spread their legs and arms, like a star jump. Next the teacher shouts, "FIZZ!" and the child returns to the tucked position. To make this activity more interesting, give each child two colourful dance scarves to throw in the air when they jump.

### Lesson 1: Tucked Egg Roll

#### What it looks like



### Lesson 1: Tucked/Egg Roll

#### Acquiring the skill

Explain to your class that they completed 'tucks' in the warm up and now they are going to focus on completing a tucked roll. Give each child/pair a mat to use as a workspace for the rolls.

#### Teaching Points

- Lie down on your back
- Push knees together and tuck up to your chest
- Tuck chin into your chest

### Lesson 1: Tucked/Egg Roll

#### Cool down: Seed to Flower

The children will sit down on bottoms and acquire the tuck position. Starting as a seed, your children will very slowly open from a small tuck to a standing flower with arms and legs spread wide. Then repeat. Use calming nature music to accompany this if possible.

### Lesson 1: Tucked/Egg Roll

#### Game: Runway

Create a runway of mats joined together. In groups of 5, get your children to lie side-by-side and instruct them to work as a team to roll from the start of the runway to the end. Inform them that this isn't a race and you are looking for good tucked roll technique.

### Level of Difficulty

#### Easier

Start on knees  
Create a slope to assist the roll  
Partner assist the roll

#### Harder

Roll along a smaller area  
Add in a balance between two rolls



Year: \_\_\_\_

Area: Gymnastics

MF: Log/Pencil Roll

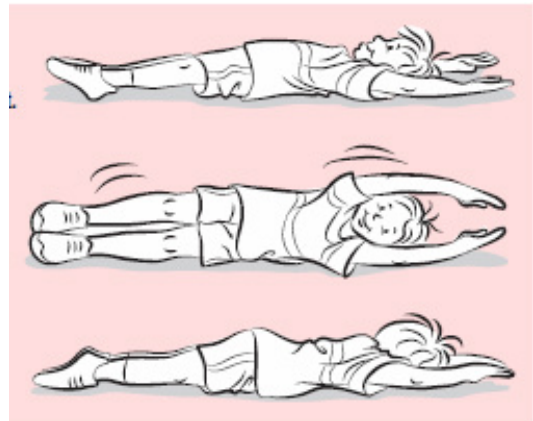
### Lesson 2: Log/Pencil Roll

#### Warm up: Trapped

Allow children to practise extending their body both lying down and standing up. Give each child a beanbag. Inform the children that they must 'trap' the beanbag in between their feet at all times. Instruct the children to: jump, lie down, stand up, bend down low, stretch high etc. You can even get them to pass a ball to a partner for fun. At all times the children must keep their legs straight and the beanbag must not fall on the ground.

### Lesson 2: Log/Pencil Roll

#### What it looks like



### Lesson 2: Log/Pencil Roll

#### Acquiring the skill

Each child should have a full mat to complete the roll. This roll requires the children to extend their body as shown in the image. Children can be assisted by a partner when completing this roll.

#### Teaching Points

- Lie stretched out with arms extended above their head
- Arms and legs straight and feet together
- Rotate smoothly

### Lesson 2: Log/Pencil Roll

#### Cool down: Over and Under

For this activity you will need to split the class in two groups. Line them up one in front of the other with their legs spread. They will pass the ball from the front to the back, in a sequence of over the head and under the legs. Once the child has passed the ball on they must create the standing extended pose and hold for a count of three seconds. Once the ball travels to the back, the last child runs to the front. The lines move forward towards a finishing line.

### Lesson 2: Log/Pencil Roll

#### Game: Basketball

For this you will need a net/hoop and a ball, and the children will need a partner. The children will stand in the extended log roll pose facing the hoop and their partner will put the ball into their hands. They must try to get the ball in the hoop whilst maintaining the straight, extended pose. Encourage children to use fingertips to throw the ball but keep arms straight.

### Level of Difficulty

#### Easier

Create a slope to assist the roll  
Partner assist the roll  
Stop Start roll

#### Harder

Roll along a smaller area in a straight line  
Add in a balance between two rolls  
Continuous roll



Year: \_\_\_\_

Area: Gymnastics

MF: Teddy Roll

### Lesson 3: Teddy/Circle Roll

#### Warm up: 1,2,3

Encourage children to sit in the sitting (straddle) position as shown in the image. Each child should be given a ball and numbers 1,2 and 3 on a small page. The children will place the number 1 beside their left leg, number 2 in between their legs and number 3 beside their right leg. The teacher will call out numbers individually and then children will drop the ball on the number and catch again. They must keep their back and legs straight and rotate their torso. Once confident give sequences of numbers.

### Lesson 3: Teddy/Circle Roll

#### What it looks like



### Lesson 3: Teddy/Circle Roll

#### Acquiring the skill

Each child should have a full mat to complete the roll. This roll requires the children to sit in straddle as with the warm up except this time with their hands behind their knees. The children need to lean down to one side and rotate their legs the opposite way.

#### Teaching Points

- Legs straight and widened
- Hands behind knees
- Rotate smoothly along shoulders
- Gain momentum and encourage a more fluid roll

<https://www.youtube.com/watch?v=F22AjABI8LM>

### Lesson 3: Teddy/Circle Roll

#### Cool down: Rotations

To finish off the activity the children should complete a range of rotations for their arms and torso.

- Stand the children up, legs shoulder width apart and they rotate from side to side with hands on hips.
- Sit children in the straddle pose and rotate arms from side to side.
- Stand children up and keep feet together. Reach up tall.
- Feet together and lean forward towards the ground slowly and then return up.

### Lesson 3: Teddy/Circle Roll

#### Challenge

Sit your children in pairs and inform them that they are going to sit back to back and try to complete a teddy roll at the same time. Remind the children that they should both lean to their 'left' or 'right' to avoid a collision. If the children can get it once then challenge them to do it continuously. Choose a few children who are confident and pair them up.

### Level of Difficulty

#### Easier

Guided by the teacher  
Partner assist the roll  
Stop Start roll  
Put a ball between legs to prevent legs from going too far apart

#### Harder

Continuous roll  
Technique