

# ***PE KS1 Unit 6***


## ***Gymnastic activities 2***

### **Lesson 5**

### **Forward rolls**



# Lesson 5 Forward rolls

 **35-40 mins**

## Learning objectives

### Children should learn:

- how to do a forward roll;
- to recognise and describe what their bodies feel like during different types of activity;
- to lift, move and place equipment safely;
- to improve their work using information they have gained by watching, listening and investigating.

## Success Criteria

### Children:

- perform a forward roll carefully, under supervision;
- say whether their heart is beating fast or slow, whether their breathing is normal or puffed, and whether they feel hot, warm or cool;
- recognise and avoid the risks when handling and placing apparatus;
- describe their own or their partner's sequence accurately, commenting on what it contains and whether it is performed smoothly and with control;
- choose one aspect of their sequence to improve, and say how to improve it.

## National Curriculum Attainment Targets

### Pupils should be taught to:

- master basic movements and develop balance, agility and co-ordination, and begin to apply these in a range of activities.

## Vocabulary

change direction, cool down, forwards, freeze, head up, high, hop, jog, jump, levels, long, low, medium, on the spot, relaxation, sideways, slow, space, straight, stretch, tension, turn, walk, warm up, zigzag

## Resources

- School hall
- Mats (one between two)
- **Interactive CD, Image Gallery: page 11, Log roll**
- **Interactive CD, Image Gallery: page 12, Forward roll and sequence**
- **Interactive Resource: Forward roll**

## Warm-up

 **5-10 mins**

- Ask the children to stand in a circle. Ask them to pat their arms, chest, tummy, legs and bottom. Let the children follow you as you do this.
- Ask the children to shake their arms, legs and bottom and turn around once.
- Ask the children to find a space, walk, freeze, turn and walk to another space. Do this with the children, emphasising the turn to change direction.
- Ask the children to jog on the spot. Remind them to keep their backs straight and heads up. Call out, 'up, two, three, four, up, two, three, four' or sing, 'Knees up, Mother Brown' for 20 seconds.

- Now jog to a space, freeze, turn and jog to another space. Do this with the children, praising children who have good posture and change direction without touching others.
- Ask the children the following questions:

### Key questions

*Can you feel your heart beating fast?  
Are you puffed out?  
Do you feel warm or hot?*

- Ask the children to stand still and stretch up high with both arms and then one at a time.

## Using apparatus

### 20-25 mins

- In this lesson, the children will work on rolling. Using mats, they will practise the skills of forward rolls and then, under supervision, they will have a go at doing forward rolls, which they can then incorporate into sequences in future lessons.
- Put out the mats. Make sure that you follow the procedure from previous lessons and that you put out enough mats for the children to have one between two.
- Ask the children to stretch up high and then curl down low, tucking in their heads.
- Ask the children to bunny hop around the mat. They should follow their partner in a one-way direction and keep their heads tucked in. Encourage them to put their weight on their hands and kick their legs up high behind them. They should kick up their legs one at a time at first, in order to gain height and practise this action. When they feel more confident they should try kicking both feet up together. Remind them to keep their heads tucked in.
- Place a thick mat (or several mats on top of each other) at one end of the hall. This is where children can practise forward rolls under your supervision. Make sure you can see the rest of the class from this position. Choose four children at a time to come to you and practise the forward rolls. Encourage the rest of the class to work on log rolls (see **Interactive CD, Image Gallery: page 11, Log roll**) or keep practising bunny hops. They must not attempt to do a forward roll. Stress to the children that no one should do a forward roll without your supervision.
- Forward rolls need to be performed very safely in order to avoid straining the neck. Demonstrate this yourself or ask a child with forward roll experience to do this (see **Interactive CD, Image Gallery: page 12, Forward roll and sequence**).
- Ask the child to stand by the mat with their legs wide apart. Tell them to keep their chin tucked in on their chest. They are going to take the weight on their hands, so their hands should be extended ready to do this. As they fall forward, they take the weight on their hands, but make sure they bend their elbows, and roll on their shoulders, not their necks.
- You can also begin a forward roll from a crouched position. This is where familiarity with bunny hops is useful. The child crouches by the mat. They keep their chin tucked in on their chest. They push off with their legs, but at the same time take the weight on their hands and bend their elbows. They push from the hands, bending their knees, kicking up their legs and tucking in their feet. After they have rolled over they bring their heels close to their bottom and reach their arms out upwards and forwards.

## Cool-down

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### 5-10 mins

- Ask the children to lie down on their backs in a space. Ask them to stretch out their arms and legs and hold for a count of five. Tell them that they should feel the tension as their muscles are tight. Tell them to relax and explain that their muscles are now loose and soft. Ask them to roll on to their tummies and stretch as tall as they can lying down. Tell them to relax and slowly sit up. They should stand up slowly, keeping their eyes looking down at the floor and bringing their heads up last.
- Ask the children to sit to the side of the hall. Choose children in groups of four to carry the mats and put them away. Make sure that all the children have had a go at putting a mat out or putting one away. Remind them to avoid other children and place the mat safely.