

PE LKS2 Unit 15

Gymnastic activities 4

Lesson 2

Rolling



Lesson 2 Rolling

 **35-40 mins**

Learning objectives

Children should learn:

- to develop and refine a range of rolling skills;
- to perform rolls more accurately and consistently;
- to describe how the body reacts during different types of activity, and how this affects the way they perform;
- to describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved.

Success criteria

Children:

- practise and refine forward rolls, teddy rolls and log rolls;
- perform a range of rolls with consistency, fluency and good body tension;
- understand that strength and suppleness are key features of gymnastic performance;
- make simple assessments of performances and use these to refine their own and others' work, offering constructive ideas on how to improve rolling techniques.

National Curriculum Attainment Targets:

Pupils should be taught to:

- develop flexibility, strength, technique, control and balance through gymnastic activities.

Vocabulary

balance, body tension, forward roll, log roll, teddy roll, strength, suppleness

Resources

- mats
- **Interactive Resource:** *Forward roll*
- **Interactive Resource:** *Teddy roll*

Warm-up

 **5-10 mins**

- Ask the children to jog in a space for a minute in order to warm up. Now ask them to get out the mats and spread them randomly around the room. (See Carrying apparatus safely sheet.)
- Explain that you are going to play a game of 'crocodiles and alligators'. Organise the children into pairs and ask them to decide in their pair who is going to be the crocodile and who is going to be the alligator. Explain that you would like them to travel around the room in any

method they choose (e.g. skipping, jogging, side stepping, hopping). When you shout 'Amazon', the crocodiles must jump on to the mats and perform a balance for a count of five. When you shout 'Everglades', the alligators must jump on to the mats and perform a balance for a count of five.

- Now introduce two new commands: when you call 'hunter's coming', the children must curl up into a tight ball, as if they were hiding; when you call 'hunter's gone', all the children jump up as high as they can and start travelling around the room again.
- After the game, ask the children the following questions:

Key questions

How did this activity affect your breathing and heart rate?

Why did they change? (because you were jogging and doing physical exercise)

- Discuss the meaning of 'fitness' and why it is important in gymnastic activities.
- Ask the children to curl down low and then slowly uncurl into a standing position. Ask them to stretch their arms above their heads and balance on the balls of their feet. They should stretch up as high as possible and try to maintain this balance with control.
- Ask them to repeat this sequence slowly in the opposite direction from their current standing position.
- Now ask all of the children to go back to their mats and try all of the rolls that they have seen. They should try to make their rolls neat and tidy and keep good body tension.
- After a few minutes, ask the children to stop and sit still on their mats. Divide the room into three areas and allocate a different roll to each one, for example, forward rolls, log rolls and teddy rolls. Ask the children in each area to practise and refine the specific roll they have been given. (You could add another two rolling actions: cartwheel and backward roll.)

Floorwork

25 mins

- Tell the children that they are going to practise rolling. Explain the following to ensure that the children know how to perform these rolls safely.
- Forward roll Start in a crouched position, tuck your chin into your chest, put your hands on to the floor, lean forwards and push your hips upwards and forwards. Tuck your head under as you roll, aim to land on your shoulder blades, complete the roll and stand up.
- Teddy roll Sit astride with your hands on your shins/ankles (depending how far forward you can reach). Keeping your legs apart, fall on to one side/shoulder as you swing your opposite leg around and over where you have just been sitting. This should take you on to your back. Complete the roll around and sit upright again. You should finish facing the opposite way from which you started.
- Organise the children into pairs and ask each pair to stand by a mat. Ask the children to take it in turns to practise the rolls, and to see if they can find any other different ways to roll across their mat.
- Allow the children three or four minutes to try this and then ask them to stop and sit still on their mats.
- Choose children to show the rest of the class one way that they found to roll across their mat. Point out to the rest of the class where these children show good body tension and neat starts and finishes. Praise them for their work.
- Let the children work on their rolls for three to five minutes, so you have the opportunity to walk around the class and praise good work. Emphasise the importance of good body tension and neat starts and finishes.
- Ask the children to stop and sit still. Explain that you are going to rotate the types of roll around the room so that the groups performing forward rolls will now perform log rolls, those performing log rolls will now perform teddy rolls and so on.
- Allow a few minutes for the children to practise and refine each type of roll. Go round the room each time to observe and help individuals to improve their performances. Praise the children individually and as a class.
- When the children have had the opportunity to practise each type of roll, ask them to stop and sit still. Ask the following questions:

Key questions

- Which roll did you perform best?*
- How did you improve your technique?*
- What do you still need to practise?*
- Which parts of the body do you think need to be strong or supple for rolling?*

Cool-down

5 mins

- Ask the children to jog around the room in different directions. When you shout 'stop', they must stop by the nearest mat and perform a roll across it.
- Tell the children that they must be careful to avoid bumping into each other when jogging and they must roll one at a time across the mats. You may choose to specify the type of roll that the children must perform each time.
- Now ask the children to just walk around the room, and tell them that this time, when you say 'freeze', they should stand still.
- Tell the children to do a wide stretch (make a star shape with their arms and legs) and then do a tall stretch. Tell them to relax and shake their arms and legs.
- Ask them to put the mats away when you tell them.