

Gymnastics, Year 4, L3

Learning Objective To develop the straight, barrel, forward and straddle roll.

Whole Child Objectives

Social: To be kind when structuring my feedback.

Emotional: To be confident to receive feedback.

Thinking: To plan and create sequences.

Success Criteria

- Keep good body tension throughout your roll.

Equipment Mats x 15 , Rolls (PDF) , Straddle roll (Video) , Straight Roll (Video) , Foam wedge , Springboard

10 Mins Warm Up and Introduction

Teacher note: ask the pupils to remove their shoes and socks when participating in lessons. Only deliver what you feel confident and competent to teach. Additional professional learning is advised as the level of skill and challenge for pupils increases.

Put the mats out:

Pupils need one mat between two.

Teacher note: please see guidelines in resource bank on safely moving apparatus.

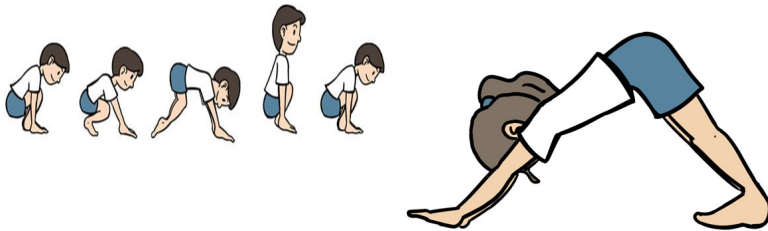
Stuck in the mud:

Select three pupils to be the taggers. All pupils must travel around the teaching area using bunny hops. If touched by a tagger, pupils must hold a downdog position until 'released' by someone tapping them on the shoulder.

After a few minutes select three new taggers. Change the travelling action to hopping.

Encourage the pupils to move their hands then their feet when bunny hopping. Squeeze muscles in your arms to help you to maintain the position.

Make this harder by asking the pupils to hold their downdog on a mat. They can re-join the game when another pupil travels underneath them.



30 Mins Skill Development

Organisation:

In pairs, pupils work two to one mat. Pupils sit one behind the other off the mat and take turns to practise each roll. Teach each of the rolls separately, allowing pupils time to practise each before moving on to the next. After a few minutes, bring all pupils together and go through the teaching points of the next roll.

Ask the pupils to watch their partner as they are performing their rolls and provide them with feedback after each.

Ensure pupils sit a safe distance from their partner when they are practising their roll.

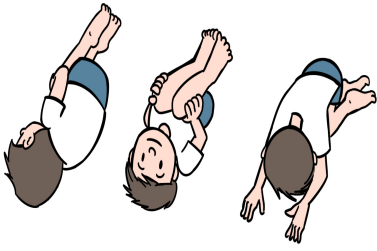
Straight roll:

Start in a dish shape, lying on your back with your arms above your head and legs straight and together. Roll onto your stomach into an arch shape so that there is a slight bend in the back with arms and legs still straight. Only your stomach and back touch the mat during this roll, squeeze abs and glutes to help you to do this.



Barrel roll:

Start on shins, with hands and elbows flat on the floor. Chest to thighs, in a tucked position. Remain in a tucked position throughout the roll. Make this harder by asking the pupils to open out into a dish shape halfway through the roll, then back into the barrel roll.

**Forward roll:**

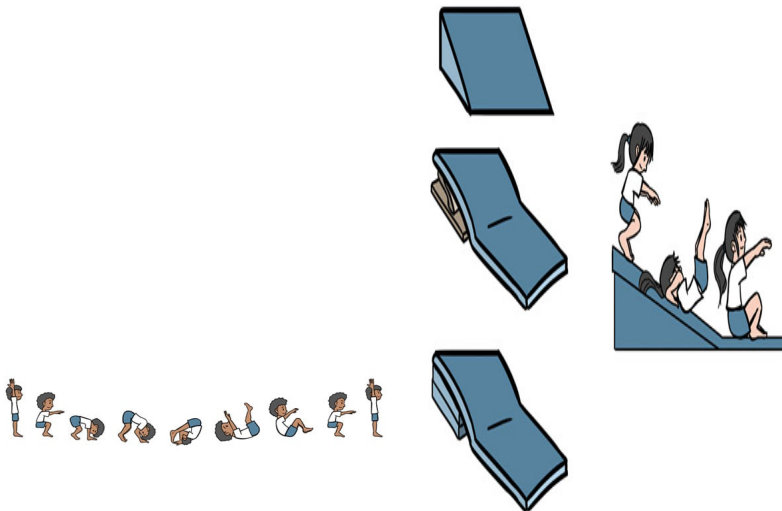
Gather pupils around a central mat and teach them a forward roll. You could use a pupil to demonstrate or the video resource.

Start in a straight position. Move to a tuck position, knees together, feet on the floor, hands flat on the floor either side of your knees (not inside the knees as this will prevent pupils from getting enough momentum to roll). Tuck your chin to your chest. Lift your hips and bottom high, power comes from your legs (quads, hamstrings and calves), shoulder blades should touch the floor first. Pupils should aim to finish standing up.

Make this easier by using either a springboard covered with mats or triangular wedge soft play equipment for the pupils to roll down.

Make this harder by asking the pupils to forward roll to a standing position without using their hands to push them up.

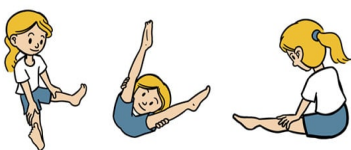
Teacher note: you could ask all the least confident pupils to take turns at a mat that you supervise.

**Straddle roll:**

Start in a straddle position with your hands resting on shins. Body tension is important to help you remain in this position throughout the roll, squeeze your glutes. Roll onto your side first, touching one shoulder to the floor, followed by the top of the back and then the other shoulder before sitting back up. Aim to turn 180° in one roll.

Make this harder by asking the pupils can they sit back to back with their partner and perform the straddle roll at the same time?

Teacher note: a common error is that pupils will roll backwards first. Remind the pupils to roll sideways first.

**Sequence building:**

Ask the pupils to create a sequence that includes the following actions. Pupils will need to take it in turns with their partner to use the mat. Whilst they are waiting they need to be planning their sequence in their head.

- two rolls
- one balance

Hold the balances for 5 seconds.

- one jump

Land in the landing position, squeeze legs in your muscles to balance.

Improve the sequence by changing the direction and level of the movements. Consider the shapes you can use to improve your sequence e.g. adding a shape to your jump or including shapes in your rolls where possible.

Make this easier by asking the pupils to link just three rolls together.

Make this harder by asking the pupils to create the sequence with their partner.

5 Plenary

Mins

Ask the pupils to recap on the teaching points of the different rolls. What two shapes are used in a straight roll? What helps you to get momentum in a forward roll? *Teacher note: lifting your hips will help you to get momentum in a forward roll.*

Ask the pupils to reflect on the effectiveness of the feedback they provided today. Were they able to focus on their partner's technique and provide them with feedback that helped them to improve? Invite pupils to share examples and highlight the importance of supporting their peers and helping others to learn.