



Key Vocabulary		Gymnastics - Rolling	
		Acquiring and developing skills	<ul style="list-style-type: none"> Comfortably rock on back before progressing to full forward and backward rolls.
Forward Roll Crouch placing hands flat on floor, palms down, fingers pointing forwards. Lift hips, tuck chin on chest and place the shoulders on the mat. Roll in the tuck position and stand without placing the hands on the floor.		Selecting and applying skills	<ul style="list-style-type: none"> Be able to start from standing, sit back into crouch, roll to shoulder stand (with and without arm support), return to crouch and then stand.
		Evaluating and improving performance	<ul style="list-style-type: none"> Identify what to do to make the rocking action smooth and that standing up from crouch requires body weight to move in front of the feet. Appreciate why it is more difficult to achieve some skills than others.
Backward Roll Place hands flat on floor, palms down, fingers pointing towards shoulders. Stay in tuck, lift the hips and push hard with the hands against the mat and stand without placing hands on the floor.		Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> Recognise what happens to the heart when performing rocking and rolling activities.
Vocabulary			
		Crouch	Adapt a position where the knees are bent, and the upper body is brought forward and down.
		Rotate	Move in a circle round an axis or centre.
Safety			
<ul style="list-style-type: none"> Always warm up and cool down. Do not roll on the top of the head - flex the neck to place the shoulders on the mat. Always roll into a clear space. 			