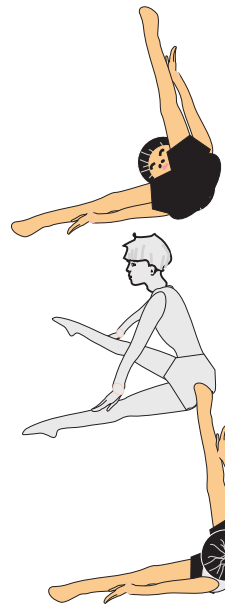
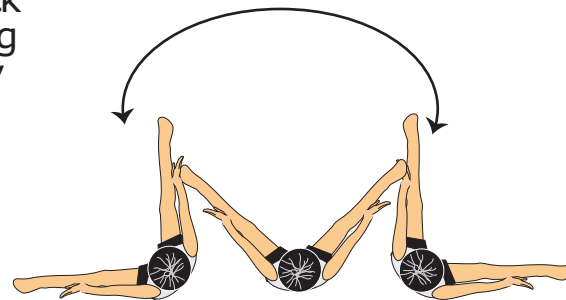


1. THE STRADDLE FOLD POSITION

For the teddy bear roll the straddle position should be closed (or acutely angled) at the hips, flexibility in the hamstrings is important for this skill:

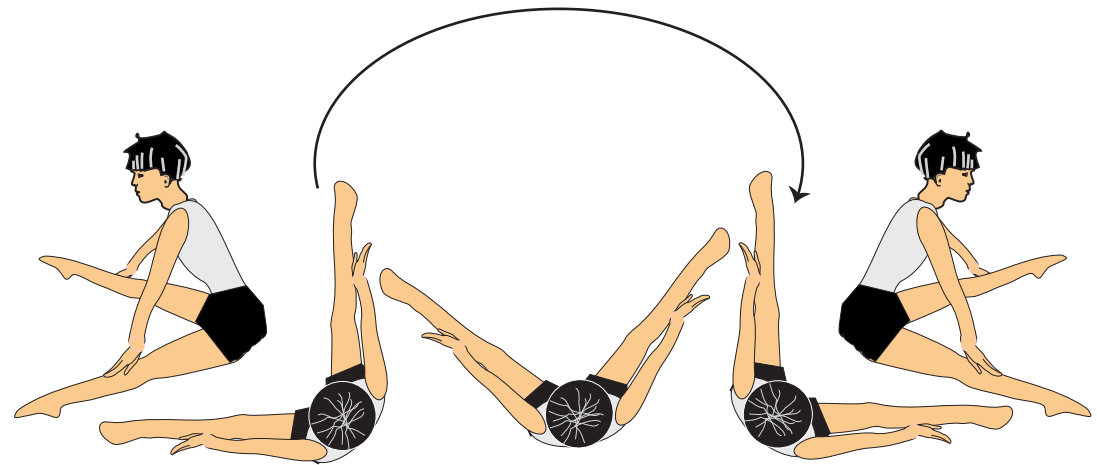


2. THE ROCK TO SHOULDER
With good body tension - holding the straddle position - guide the child to rock side to side onto each shoulder in turn. It helps to lean forward into the rock NOT backwards. Their leg will lift into the air if they hold their shape.



3. THE ROCK ACROSS THE UPPER BACK
Now guide the child to rock side to side (in straddle) across their upper back, touching each toe to the floor alternately. Again good body tension should ensure they don't lose their shape. Those with a more acutely closed hip angle will find this easier.

The Teddy Bear Roll



Lean sideways on to the left shoulder, arm and side of the leg. Rock across the upper back, lifting hips off the floor - keep legs straight and in the acute straddle fold position. Lean onto the right shoulder forwards to sit back in the upright position. In the illustration above the left shoulder is rocked side first, but it can be performed either way.

4. THE ROCK FROM SHOULDER TO SIT
Finally, guide the child to rock across the upper back - as in the last stage - and then after a couple of rocks, lean forwards to finish in a sitting position similar to the first stage. This stage is a combination of the first two stages and will help with orientation.

