

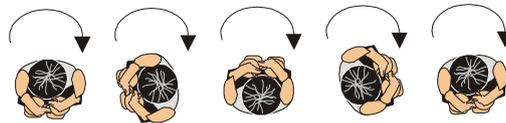


GYMNASTICS SUPPORT IN SCHOOLS HAZEL COLTON

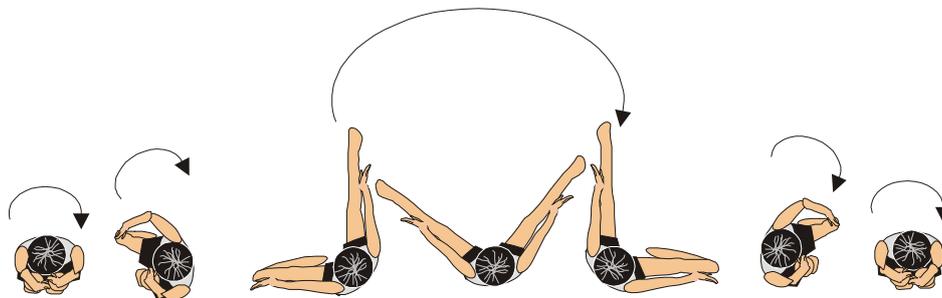
Telephone: 07854 517 636
E-mail: HPC.Gymnastics@live.com

THE SIDE ROLL

Begin the side roll with a sideways roll in tucked shape. Get children to begin in tuck, on their knees, shins and feet. Then they should roll onto their backs but remain in the tucked shape, continuing finally to their knees again. The usual error in younger children is to end up with their face plastered to the floor and their bottom stuck up in the air; try to get them to keep their bottom near their heels throughout and to allow the face and head to lift away from the floor as they roll back onto their shins.



The next stage is to get the children to open into a straddle shape when they are on their back and wrap quickly back into tuck to keep momentum moving to complete the roll back to knees. It is important they maintain a SIDEWAYS movement and that they pull their knees back into their chest and heels to their bottom at the end. This can be followed by the children learning to open one leg to straight as soon as they initiate the roll, followed by the second leg as the first leg reaches vertical, (see illustration below). The full straddle is shown as they pass over their back and then the leading leg folds in first, followed by the second leg; this action will also provide some momentum to help the move flow well.



Once these first two stages are mastered try the full side roll. Begin on one knee, with the other leg extended to the side of the body; arms stretched out sideways. Get the children to lower their bottom towards their heel, lean away from their extended leg and lower themselves onto their shoulder by pushing the leading arm in front of the body, (see illustration below.) As the shoulder contacts the floor, the children should push off the extended leg lightly, roll across their backs as above and then back onto their other knee; extending the other leg sideways so the finish how they started but on the other side. It may help to describe the first movement as tucking half the body and keeping half the body straddled as they lower to the floor.

