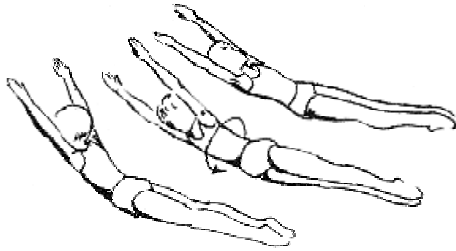


Rolling

1) Pencil Roll



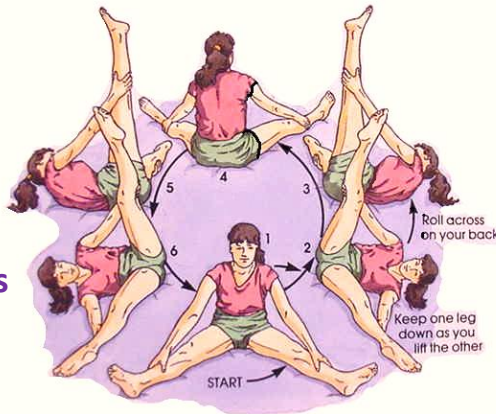
- Body Straight
- Legs together
- Toes Pointed

Make it Harder

Try a pencil roll where only your mid section can touch the floor

2) Teddy Bear Roll

- Sit in straddle position
- Legs straight and toes pointed
- Hands just below knees
- Back rounded



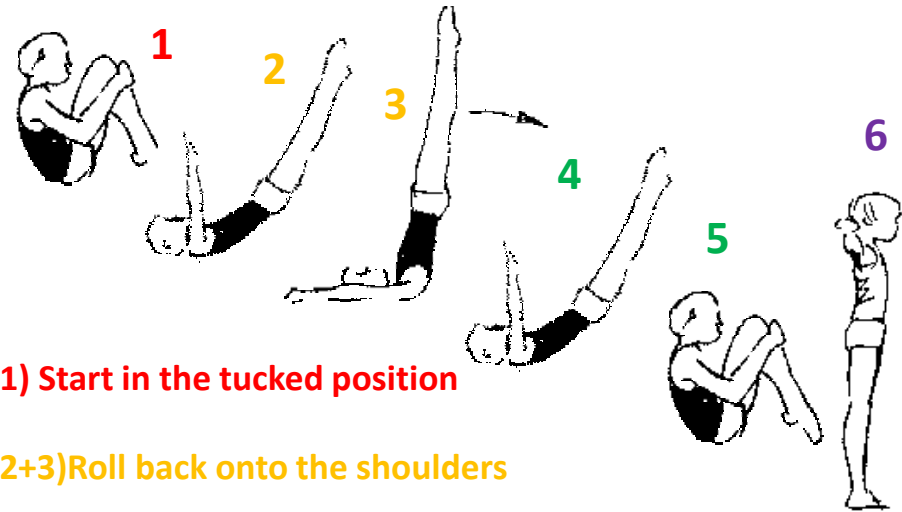
Questions to think about

How can you get into this roll?

How can you get out of this roll?

Can you think of any other simple rolls?

Try this.....

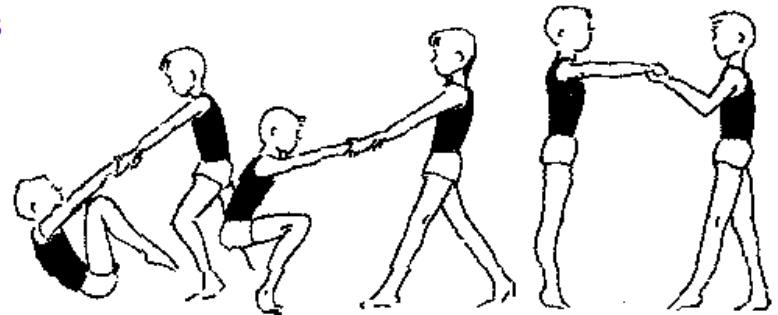


1) Start in the tucked position

2+3) Roll back onto the shoulders

4+5) Round your back and roll forward building momentum

6) Try to stand without using your hands



If you have trouble with standing up without using your hands, get a partner to help you by standing in front and offering assistance