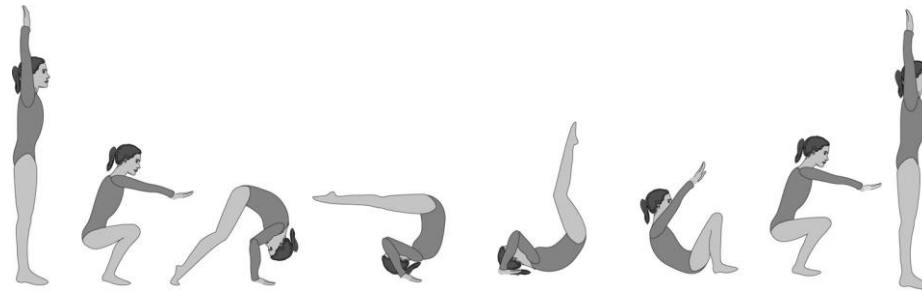


FORWARD ROLL

Child's name: Class:

Can you identify the shape used when performing a forward roll at step 4?



HOW TO

1. Start in straight shape
2. Move down into squat shape
3. Reach forward for hand placement
4. Push feet keeping legs straight during rolling phase
5. Keep back rounded & head tucked under
6. Return to squat position
7. Finish in straight shape

I have been practising my forward roll at home!

Parent/carer's name: Date: