

So You Think You Can Roll!

Suggestions and ideas for extending the challenge by Julia Dive

Or

Advanced Rolling

Or

Rolling just for fun

The three most important observations about rolling are:

- Does the child get dizzy?
- Can they roll in a straight line?
- Is there good shoulder hip rotation?

Once these are mastered (and even a bit before) we can make rolling a lot of fun.

Here are some ideas that have been tried and tested.

Forwards, backward, eyes closed, reciting a rhyme, counting, reciting the alphabet, spelling words, times table

Rolling on different textures e.g. blankets, bubble wrap, lino, carpet, sheets, grass, trampolines etc

Ribbon Rolling

Lay a length of ribbon on the floor. Ask the child to roll with:

- Head on the line
- Shoulder on the line
- Hips on the line
- Feet on the line

Ball Rolling

Hold a ball:

- in hands above head
- between feet
- in hands above head and between feet

Rolling Relays

- Team at one end, one person at other.

Imagining - Take a “boat” (rolling child) over the rolling seas to rescue the person stranded on the island, who takes the “boat” back over the rolling seas. Now you are stranded so the next person comes to your aid.

- Half team at each end. Normal relay style.

Pass the bean bag (of bomb or special delivery package) from one end to the other.

Obstacle Rolling

Over obstacles like cushions, pillows, gym mats, under tables, needing to scrunch up but then stretch out sometimes to navigate obstacles.

Target Rolling

Put a hat on the ground and ask the children to roll so that their heads land in the hat.

Rolling along the 4 sides of the room – freeze, roll back.

Tandem Rolling

Lying down, head to head, arms above head but on floor, link hands and roll simultaneously. Good idea for strong roller with weaker roller.

Hand and feet Rolling

Lie children down head to toe.

Each child raises their arms and holds the feet of the person before them.

All roll simultaneously – well that’s the theory!

Synchronised rolling

Everyone side by side in a row and simultaneously roll “on to your side, onto your tummy, onto your side, onto your back. Etc then back again.

9Good for crowded spaces and lots of kids).

Soccer Rolling.

Push a big gym ball around the room by rolling into it.

Log jam

Particularly popular with boys. Rolling one at a time but the first person stays on the floor at the end until they are all at the end together –hopefully onto a pile of cushions otherwise the first gets pretty squashed. Can be a good way to end a session.

With only a few children and a fair bit of space:

Whacky Rolling: All must keep rolling and not crash into each other until music stops.

Dodge'em Rolling: If they roll into each other they have to change direction.

Over the top Rolling: As they meet each other on the floor rolling continue to roll over each other. Lots of laughs here and watch for unexpected gentleness as well as rough housing.

The Super Duper Advanced Roll incorporates the body glide and tummy curls.

Begin by lying on your stomach:

Glide on Stomach

Roll onto back

Tummy Curls

Roll on to Stomach

Repeat!

What would your body have to do to roll while you are carrying a plate of food in one hand?

There's no end to using your imagination to making rolling fun.

What ideas have worked for you?