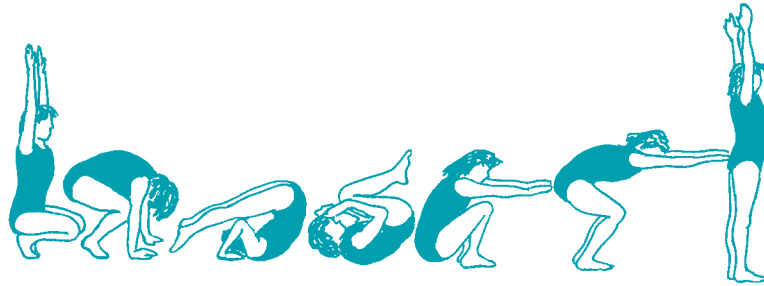


# SPECIFIC SKILLS

The following skills will arise in gymnastic work no matter what teaching approach is used. It is necessary for teachers to be fully aware of the teaching points for these skills, the difficulties which students experience in performing these skills, progressions and variations which provide challenge and ensure development in movement vocabulary.

## FORWARD ROLL



1. Begin in a crouched position, arms reaching out.
2. Take weight on hands, which are flat on the floor, shoulder width apart, fingers facing forwards
3. Seat is lifted, head tucked in so that contact with the ground is made with back of the head
4. Strong push from the feet, arms bend to provide a change of balance resulting in a forward rolling movement
5. Body remains tucked with rounded back
6. Put feet on floor close to hips
7. Reach forward with arms and come up to standing.

## DIFFICULTIES WITH FORWARD ROLL



Discomfort in rolling . . . may result from placing head on the floor or rolling with a straight back



Rolling in a crooked line . . . can be the result of an uneven push from the hands or the head turned sideways during the roll



Failure to finish on feet . . . can be caused by the hands incorrectly placed on the floor or the feet positioned too far from the hips at the end of the roll.



Unable to move forward into roll . . . can be insufficient push from the legs at the initial stage

## VARIATIONS FOR FORWARD ROLL



### Rolling into different finishing positions:

- into straddle stand / sit
- onto two knees/feet
- into back lying
- into handstand / headstand
- onto one knee / foot
- into a 'V' shape
- into shoulder stand



### Rolling from different starting positions:

- from standing straddle
- from a jump
- from a balance
- from one / two feet
- from one knee
- from headstand / handstand