

LEVEL	UNIT	LESSON Number 3	EQUIPMENT
Second Grade	Tumbling	Rolling Variations With Emphases On Body Shape	Mats, Strength Bands, Station Cards, Control Cones, Music, Stereo

Objectives

The Students will:

1. Demonstrate each of the three Fun stunts in part one.
2. Demonstrate each of the three rolls.
3. Demonstrate at least 2 variations of each of the three rolls.
4. Work safely.
5. Verbally describe the body shapes they use while rolling.
6. Verbally describe the body surface and sequence of transference of weight for each of the three rolls.
7. Have fun.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram
Part 1	8	<p>“Coffee Grinder and Criss Cross Stand and Thread the Needle”.</p> <p>With each student on their mat, I will teach each of these skills and then after each individual explanation, I will have the class try the skill.</p>	
Part 2	10	<p>The typical body shape when you roll is curled. The basic neck and back position of tucked and rounded must stay the same when doing any forward and backward rolls, but it is possible to change the shape of the body other ways. Wide legs, straight legs, arms out wide, one leg bent, one leg straight, etc. An introduction to changing body shape, with you as the teacher giving one easy example to the class for each of the three rolls.</p> <ol style="list-style-type: none"> 1. Lets begin with a side roll. First I would like you to try a side roll using one of the three we have learned so far, Pencil, Log or Egg Roll. 2. I would like you to change the shape of your legs, so that one leg is bent and one leg is straight. You need to make a shape that you can still do a side roll while holding that shape with your legs. 3. This time show me a forward roll, Don't forget that you must keep your chin tucked as you roll. 4. Show me how you can make legs in a wide shape as you roll forward. 5. This time I would like you to show me a backward roll. Your hands must be beside your head as you roll backwards so that you can push your weight off your head as you roll over to your feet. 6. Show me how you can make your legs in a wide shape as you roll backwards. 	
Part 3	10	<p>When I am done talking, you are going to find at least two different shapes while doing each of the three rolls.</p> <ul style="list-style-type: none"> ➤ Make sure you keep your chin tucked. ➤ The roll should stay fundamentally the same, the body parts that are rolled on and the direction that is used. <p>If time allows, I will have them find a partner and show their favorite roll to their partner. They can even try their partner's roll!</p>	<p>As students naturally come up with ideas you will see some of the tumbling stunts. As you see them preformed by a student, take the time to show that off to the rest of the class and introduce it as a tumbling stunt. Tumbling Stunts: Forward Straddle, Backward Straddle, and Backward Pike”.</p>
Closure	2	Describe your body shape while you were doing your favorite roll.	