**Lesson Plan**

**School Name:** St Edwards National School

**Gymnastics skill being taught:** Forward Roll & Back Roll

**Warm Up:**

Dance (Gangnam style-PSY) performed by warm up group, students and Recreation and leisure class.

**The forward roll:**

**Teaching points:**

1. Squat down with your legs and feet together.
2. Bend your arms and place your hands right next to your ears with your palms flat on the floor or mat with fingers facing forward.
3. Tuck your chin into your chest.
4. Round your back like a cat.
5. Lean frontwards and roll forward.
6. When your feet meet the ground straighten your legs and push off the floor into a standing or squat position.

**The back roll:**

**Teaching points:**

1. Squat down with your legs and feet together.

2. Bend your arms and place your hands right next to your ears with your palms facing the ceiling and your fingers facing backwards.

3. Tuck your chin to your chest

4. Round your back like a cat

5. Lean backwards and roll

6. Once your hands meet the ground make your arms are straight and push off the floor.

7. Land on your feet in either a pike or a squat (do not land on your knees)