

Straddle Roll - ‘Teddy Bear Roll’

**Variation / Challenge**

* Encourage pupils to alternate rolling on left and right sides.
* To roll simultaneously with a partner sit back to back. Both pupils roll in the same direction, either to the left or the right to finish in their partner’s original position.

**Safety Points**

* Other pupils should maintain a safe distance from the child rolling to avoid injury
* Wherever possible, remove shoes for this roll. PE is usually done in bare feet

**Teaching Points**

* Sit on the floor with your legs straight and spread apart - in a straddle shape.
* Sitting tall, place your hands behind your knees.
* Maintain this shape throughout the roll.
* Lean to the left, drawing your right leg upwards to initiate the rolling action.
* Roll sideways across your back and shoulder.
* Finish in a straddle shape facing in the opposite direction from where you started.
* Repeat the roll again until you have completed a full circle.

**Try this back-to-back with a partner!**

**Main Activity**