



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Rolling 3.1: Rolling relay

8 - 12 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Music, gym mats

Introduction (2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

Can anyone show me how to roll along the floor?

What sports or activities use the skill of rolling? (gymnastics, martial arts, beach volleyball, dance)

Warm-up: Rolling log tag (5 minutes)

- Choose 2-5 children to be “it” depending on the number of children in the group (ratio 1:5).
- Use your judgment and limit the size of the space accordingly.
- *Children who are tagged become “logs” by lying down with arms stretched above their heads.*
- *To get free, logs must roll until they are side-by-side together.*
- *Taggers can stop logs from rolling together by standing in the log’s path.*
- Suggest different ways to move around activity space (run, hop, gallop, skip).
- **Safety tip:** *You must look where you are going at all times so that you don’t trip and fall on anybody.*
- Switch who is “it” after 1 or 2 minutes.

Demonstration: Log roll (5 minutes)

- Ask children to sit in a semi-circle so that everyone can see the demonstration.
- Using a gym mat, demonstrate the log roll:
 - » *Body, arms and legs are stretched out as long as possible.*
 - » *Legs and arms stay together when rolling.*
 - » *Body stays “tight” when rolling.*
 - » *Body moves “together” in a straight line along the mat or floor.*
 - » *Roll is fluid and continuous.*
- Demonstrate fun variations of the log roll:
 - » **Sneaky snake:** Two children lie in a straight line on a mat in the log roll position. The child who is second in line, holds onto the ankles of the child in front of them. Together they “log roll” as one unit.
 - » **Conveyer belt:** Two mats are joined together, and 3 or 4 children lie lengthwise across mats with some space between them. Feet must all be pointing in the same direction. On the “start” signal all children begin to log roll in the same direction. The first person to reach the end of the mat, quickly gets up and goes to the start of the mat and continues to log roll. This continues until leader signals “stop”.
 - » **Toe to toe:** Two children lie on mat in log roll position with toes touching. When one partner says “go” they begin to log roll trying to keep toes touching.
 - » **Hand to hand:** Two children lie on a mat in log roll position while holding hands. When a partner says “go” they begin to log roll trying to keep hands together.

Practice: Log roll (5 - 8 minutes)

- Divide children into groups of four.
- Place mats around activity space, two mats for every four children.
- In their groups, children practice the basic log roll and then the fun variations from the demonstration.

CUES

- *Body, arms and legs stretched out*
- *Body is "tight", legs and arms together*
- *Body moves in a straight line*
- *Roll is fluid*

Game – Rolling relay race (10 minutes)

- Divide children into groups of 4 or 5.
- Groups are lined up at one end of activity space.
- Lay out a series of mats (3 or 4) in front of each group.
- *When the music starts the first person in line must "log roll" to the end of the mats.*
- *When you reach the end you must run back and "high five" the next person in line and then they go.*
- *The first team to finish wins the relay race.*
- Repeat relay race using the fun variations from the demonstration.

Wrap-up (2 minutes)

Call the children back into a circle or designated lines and review what they learned today.

What are four things (cues) we need to do when rolling?

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