



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

## Rolling 2.1: Rolling relay race

5 - 8 year olds

**TIME:** 30 minutes

**SKILL:** Locomotion

**EQUIPMENT:** mats, music

### Introduction (1 - 2 minutes)

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

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

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

*Can you think of a sport or game where you might have to roll?*

## Warm-up: Hot dog tag (5 - 6 minutes)

- Leader chooses 3-4 children to be “it” for game of tag.
- Children who are tagged become “hot dog” by lying down with arms at their sides.
- Tagged children can be free again if two other children make a “bun” by lying down on either side of them.
- All three children can then get up and continue playing.
- Leader can suggest different locomotor ways to move around activity space (run, hop, gallop, skip).
- Switch who is “it” after 1 or 2 minutes.

## Demonstration: Log roll (5 minutes)

- Leader asks children to sit in a semi-circle.
- Using a gym mat, leader demonstrates 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.*
  - » *Roll is fluid and continuous.*
- Leader then demonstrates 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)

- Leader divides children into groups of four.
- Leader places 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*
- *Legs and arms together*
- *Body is “tight”*
- *Body moves in a straight line*
- *Roll is fluid*

## Game: Rolling relay race (10 minutes)

- Leader divides children into groups of 4 or 5.
- Groups are lined up at one end of activity space.
- Leader sets up a series of mats (4 or 5) 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 and review what they learned today.

*Why is it important to keep your body “stretched” and “tight” when you roll?*

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