

Formation

Divide the class into small squads to increase participation. Place each squad either sitting or standing along the side of the mat.

1. Forward Roll

From a stand, bend forward, bend knees, and place hands on mat. Duck head between legs, roll forward, on back of neck and shoulders, grasping knees. Come to a stand.

2. Shoulder Roll

Turn slightly to the right, place hands on the mat to left. Roll forward on the left shoulder, pulling the left arm in to the chest, rolling on the back and up to the feet.

3. Backward Roll

From a stand, lean forward, fall backward to a seat, roll backward, placing hands on the mat over the shoulders, and at the same time drawing the knees to the chest. Push off with the hands, and roll to a stand.

4. Dive Roll

Same as Forward Roll, preceded by a short dive, from a stand take off from both feet, stretching arms forward, dive and roll. Do the same from a running start.

5. Cartwheel

From a run, make a quarter turn left, placing right foot side-ward, right arm upward, throw the weight on the right foot, placing the right hand on the mat. Raise the left leg up, at the same time placing the left hand on the mat, arms and legs spread. Bring the left foot to the mat as the right hand is raised. Follow through to a stand.

6. Head Spring

From a run, shift weight onto right foot, raise left leg forward and arms overhead. Swing the left foot down, bend at the waist, swing hands to the mat, placing head on mat between hands. Follow through, swinging right leg overhead, push up with the hands, arch the back, snapping to a stand.

7. Hand Spring

Same as Head Spring except that the head does not touch the mat.

8. Supplementary Activitiesa. Jump from heights.

Use any available apparatus or platform. Begin at a height of about 4 feet, increase the height gradually as skill improves. Break the fall by landing on the balls of the feet.