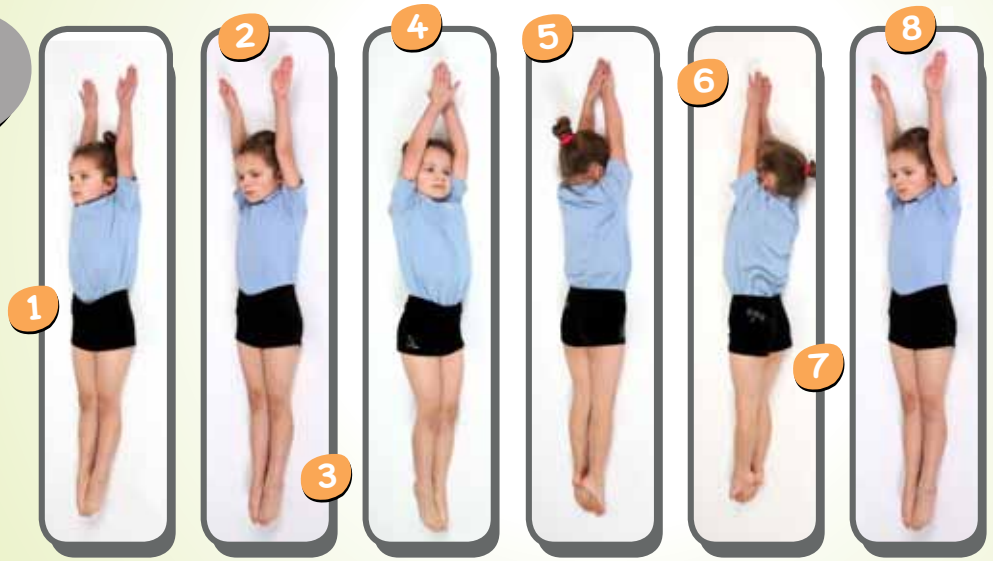
As they develop
Body Management

Log Roll

A log roll is a full rotation of the body from head to foot. The roll involves a straight body lying on the floor with legs fully stretched and arms extended above the head. It is important in trampolining, diving and gymnastics.

1. Lie on the back with body straight
2. Raise the arms straight above the head and slightly off the ground
3. The legs are straight and together with the ankles and toes stretched
4. Rock sideways to initiate the roll
5. Roll sideways from back to tummy and over onto the back again
6. Keep the body and arms in a straight line all the way through the roll
7. Either the tummy or lower back maintains contact with the floor throughout the roll
8. Roll in a straight line



Opportunity to develop:

Coordination - Control - Spatial awareness
Body awareness - Body tension

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

If you see...

Observation	Likely cause	Solution
Poor roll with little movement	Legs and arms are in contact with the floor	Assist the child with their roll, or perform down a slight incline
Child's body does not maintain a straight body position	Push with the arms and legs to initiate the roll	Practise movements to develop extension, stretching and tension of the body
Unable to rock and roll on their hips	Feet and arms touching floor	Use an incline to achieve momentum

Safety!

Ensure...

children do not get too dizzy rolling

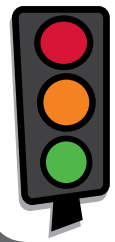
children do not roll when others are on the mat

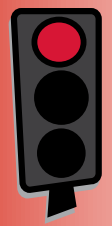
children always roll on floor mats

mats are placed safely and appropriately in the room

As they develop Body Management

Log Roll





- Lie on the back with arms straight above the head and the legs stretched out. Stretch the feet and legs as much as you can
- Practise 'Trap the Mouse'
- Lie on the back or tummy with the arms and legs extended. Rock back and forth, side-to-side
- Practitioner holds hands to support children to turn over
- Child uses hands to assist the rolling action
- Use an inclined surface to assist the rolling action



- Lie on the back with arms and legs stretched. Lift the feet slightly off the floor, and lift the arms slightly off the floor. Lift both feet and legs at the same time – tense body in straight position
- Lie on the back with the feet raised off the floor and the arms straight above the head. Move from straight to saucer shape
- Lie on the stomach with the legs straight and raised slightly off the floor. Make a 'Sky Diver' shape
- Lie on the stomach, with feet and arms raised and in 'Sky Diver' shape, rocking back and forth
- Lie on the stomach and go from straight to arch shape and back to straight



- Roll and finish in a saucer or dish shape
- Roll and finish in a 'Sky Diver' or arch shape
- Roll combining dish and arch shapes



- Log Roll at different speeds
- Log Roll with eyes shut, can you stay in a straight line
- Log Roll under a parachute
- Log Roll and try to change speed in middle of action
- Log Roll along a narrow padded surface
- Log Roll in response to a range of cues

Can you see...?

- the child's arms straight above the head, slightly off the floor? ☐
- the child's legs straight and together with the ankles and toes stretched? ☐
- the child rolling from back to tummy and then onto back again? ☐
- the child maintaining an extended body position during the log roll? ☐
- the child's tummy or lower back in contact with the floor throughout the roll? ☐
- the child rolling in a straight line? ☐

© Copyright (Sports Council for Wales) 2012. All rights reserved.

sportwales chwaraeoncymru
Noddir gan Lywodraeth Cymru Sponsored by Welsh Government
Play to Learn Chwarae i Ddysgu
chwarae • dysgu • tyfu play • learn • grow
Her Iechyd Cymru Health Challenge Wales