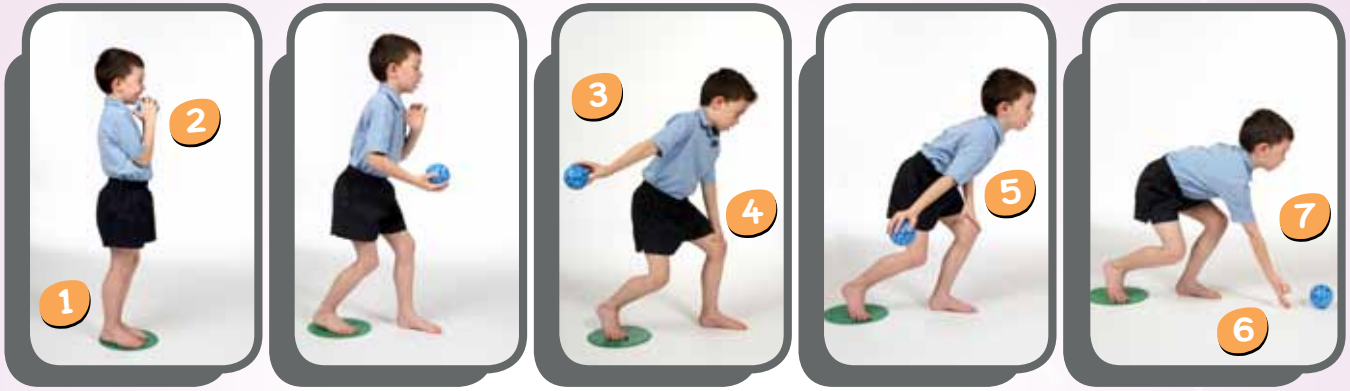
As they develop Manipulative

Underarm Roll

Underarm rolling is when an object is propelled forwards along the ground.

1. Stand facing forward
2. Hold the object lightly in fingers
3. Swing rolling arm backwards until straight and at shoulder height
4. Step forward onto the opposite foot to throwing hand, bending both knees
5. Swing the rolling arm forwards keeping the arm extended and relaxed with knuckles almost brushing the floor
6. Release the object 6–12 inches in front of the lead foot
7. Follow through in the direction of target



If you see...

Observation	Likely cause	Solution
Only the arm is involved in the skill	Stands front-on and does not step forward	Use markers for foot placement
Object bounces on release rather than rolls	Releases the object too high and does not bend the knees	Place targets for object to roll under
Object does not reach it's target	Back swing is too weak	Hold an object behind the child so they have to reach behind them to pick it up. This will encourage back swing
Object rolls off target	Follow through not aimed at target	Chalk lines to target, follow through along the line

Opportunity to develop:

Coordination - Manipulative skills - Spatial awareness - Accuracy

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

Safety!

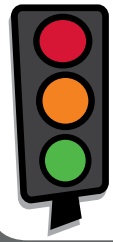
Ensure...

children roll object to stay within their 'garden'

equipment is picked up when not in use

As they develop Manipulative

Underarm Roll



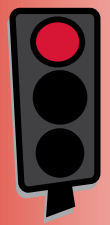
mostly x's

✓ and x

mostly ✓'s

Can you see...?

- the child stepping forwards onto the opposite foot to the hand rolling the object? ☐
- the child swinging the arm holding the object straight forward? ☐
- the child bending their knees as they step forwards? ☐
- the child releasing the object close to the ground? ☐
- the child rolling the object so that it reaches its target? ☐



- Sit on the floor and roll an object in front of the body, around behind the body and to the side
- Roll an object to self from one hand to another, using a pushing action to roll the ball away
- Sit in straddle shape on the floor opposite a partner and roll a ball along floor with two hands to partner
- Crouch down and roll an object along the floor with two hands to a partner
- Stand facing forwards and roll an object with two hands either against a wall or to a partner
- Use nursery rhymes to encourage child to coordinate the swing and step forward movement, e.g. 'See-Saw Marjorie Daw'. Make reference to a pendulum action
- Roll a large object with two hands at large skittles or cones
- Roll object into a tunnel or under poles
- Step onto the opposite foot to the rolling hand. Use chalk/coloured spots/feet to help with foot patterns
- Roll ball from kneeling position then move to one leg kneeling then standing with bent knees



- Roll an object between a narrow set of cones/ropes/chalk marks
- Roll an object to a partner first whilst sitting, then kneeling and then whilst standing
- Roll an object through a hoop held by partner
- Roll a large object at skittles. Increase the distance, reduce numbers of skittles, place skittles further apart
- Roll a ball and chase to pick up. Roll a ball for it to stop before a marker/rope/chalk lines
- Roll object to go between wide goals
- Roll object at various sized targets/goals



- Roll a ball to stay within a garden
- Roll a ball between a set of cones/ropes/chalk marks. Reduce the width, roll from a greater distance. Roll a ball to a partner who stands in different places; in front, to the side, acting as a target. Roll ball safely to them
- Roll a ball at different speeds. Roll the ball slowly and try to get in front of it. Roll it fast and try to stop it
- Roll a smaller ball to hit a target, e.g. a box or hoop. Aim to make the target smaller or further away to increase difficulty
- Roll the ball between large goals with a partner in. Reduce the distance between roller and goal. Make the goal wider or smaller, increase or decrease the size of the ball



- Roll around body up and down body, whilst standing, sitting or holding any other shape
- As above but balancing on a wobble spot
- Roll a ball to strike objects at a set distance away – Bowls, Ten Pin Bowling, Skittles, etc.
- Roll a ball at different speeds and angles against a wall and move to collect it as quickly as possible
- Roll a ball against a wall and as it is returning, roll another ball against the wall, keep both balls moving for as long as possible
- Roll a ball in response to a range of cues, use both hands

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