

Progression thread - rolling

| Year Group | Skills | Knowledge |
|----------------------|--|---|
| EYFS | Explore rocking and rolling | <p>Know that I can change my body shape to help me to roll.</p> <p>Know I have to keep my legs and feet together on the straight roll.</p> <p>Know I have to stay curled up in the barrel roll.</p> |
| By the end of Year 2 | Explore barrel, straight and forward roll progressions and put into sequence work. | <p>Know that I can use different shapes to roll.</p> <p>I know that I need to keep in the same shape throughout a roll.</p> <p>Understand that there are different teaching points for different rolls and that I need to transition smoothly from one action to the next.</p> |
| By the end of Year 4 | Develop the straight, barrel, forward and straddle roll and perform them with increased control. | <p>Understand the safety considerations when performing more difficult rolls.</p> <p>Know that in a barrel roll -I need to keep my knees tucked into my chest. In a forward roll, I tuck my chin into my chest. In a straight roll, I roll from an arch to a dish.</p> <p>Understand that I can keep the shape of my roll using body tension.</p> <p>Know that tension is needed in my legs for a forward roll and stomach for a straight roll.</p> |
| By the end of Year 6 | Develop control, fluency and consistency in the straight, barrel, straddle, forward and backward roll. | <p>Understand that I need to work within my own capabilities and this may be different to others.</p> <p>Understand that I can use momentum to help me to roll.</p> <p>Understand that I can use momentum to help me to roll and where that momentum comes from.</p> <p>I understand that strong body tension helps to keep your shape in the straddle roll.</p> |