

Forward Roll



TREND TASK

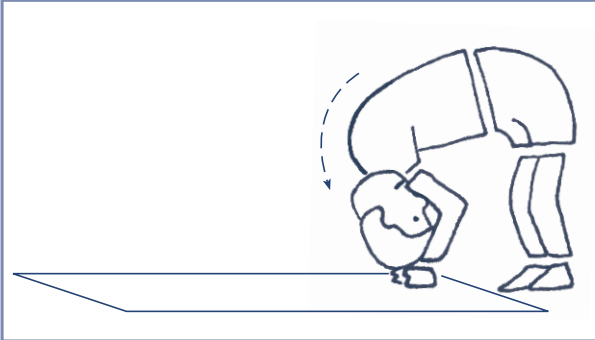
Approach: Open space

Focus: Body control/gymnastics.

Resources: Mat, 4 bibs.

Level: Year 4 and year 8

Questions/instructions:



- Stand feet together, toes at edge of mat.
Tuck your head under and forward roll into a **sitting** position.
Hold your sitting position to the count of 3.
You have 2 goes.

Technical elements:

(hand placement, tucked head, rolling down spine, holding sitting position)

	% responses	
	2002 ('98) year 4	2002 ('98) year 8
very good	21 (23)	27 (33)
good	46 (40)	41 (55)
fair	24 (27)	24 (8)
poor	9 (10)	8 (4)

Coordination and flow:

very good	21 (25)	29 (37)
good	47 (39)	46 (44)
fair	27 (29)	18 (17)
poor	5 (7)	7 (2)

YEAR 8 ONLY

- Stand feet together, toes at edge of mat.
Tuck your head under and forward roll into a **standing** position.
Hold your standing position to the count of 3.
You have 2 goes.

Technical elements:

(as for Instruction 1 but holding standing position with arms extended)

	% responses	
	2002 ('98) year 4	2002 ('98) year 8
very good	•	15 (17)
good	•	45 (53)
fair	•	28 (25)
poor	•	12 (5)

Coordination and flow:

very good	•	22 (25)
good	•	41 (48)
fair	•	28 (23)
poor	•	9 (4)

Total score: 10-12	•	26 (31)
7-9	•	36 (47)
4-6	•	26 (17)
0-3	•	12 (5)

Commentary:

There was little difference between year 4 and year 8 students for the forward roll to sitting position, and little change between 1998 and 2002 for year 4 students. For year 8 students, performance was somewhat lower in 2002 than in 1998.