1) Start in a sitting position, with bum on heals.

2) Lean forward and give both knees a tight hug.

3) Staying tucked in tight, roll onto your back, if struggling push with your elbows.

4) Again roll from back to front.

5) Finish in a sitting position, with bum on heals.

Progression
Start kneeling up, so the back bottom and thighs form a straight line.
1) Start in a dish shape, keeping the arms and legs straight and off the floor.

2) Roll over, try not to touch the floor with hands or feet.

3) Try to keep the arms and legs straight.

4) Extend through the feet and hands.
1) Lie backwards, taking the arms above the head and keeping the body very straight.

2) Keeping the body straight, roll over to your belly.

3) Keeping the body straight, roll over to your back.
1) Start in a pike position, straight arms, legs and back.

2) Lie backwards, taking the arms above the head and keeping the body very straight.

3) Keeping the body straight, roll over to your belly.

4) Keeping the body straight, roll over to your back.

5) Gently bring the arms forward and sit into pike. Try not to put your hands on the floor.
1) Start in a straddle position and put the hands near your knees.

2) keep your body very tense and stay in the same position. Roll side ways onto your shoulder.

3) smoothly roll across the back.

4) smoothly roll from the back and round the other shoulder to
Forward roll

Start in a stretched position.

Place your hands on the floor, chin on chest and lift the bottom up.

Roll forwards, but keep the head off the floor and the chin on the chest.

Try not to put your hands on the floor.

Finish in a stretched position.
Roll into a balance

Can you roll from, or roll into the following shapes?