

## Lesson 4 of 6

# Safety Rolls

### EQUIPMENT

obstacle free area » 6 rows of 3 accordion mats » 1 beanbag and long rope

### RELATED RESOURCES

Ready-to-Use P.E. Activities for Grades K-2 & Grades 3-4, J. Landy & M. Landy, 1992, [www.amazon.ca](http://www.amazon.ca)  
Physical Education Online website, [www.education.alberta.ca/physialeducationonline](http://www.education.alberta.ca/physialeducationonline)

ABCD's of Physical Education



Do it Daily...For Life!

### Do it Daily...For Life!

Effort	
Safety	D(1-3)-3
Goal Setting/ Personal Challenge	
Active Living in Community	

## Warm It Up

### ASHLEY HOP

Students stand in a circle around the teacher. The teacher spins a long

rope with a beanbag attached at the end around in a circle. Teaching Tip: to reduce dizziness, pass the rope behind your back as opposed to spinning in a circle. Students will jump over the beanbag as it passes at their feet. If a student is hit in the foot with the beanbag they must run to the other end of the gym and back before returning to their spot in the circle. Remind students to land softly and quietly. After a few minutes of play, lead students in an active stretch; e.g., shoulder, arm, wrist, hip, knee, ankle rotations. You can also do this activity in smaller groups with a student in the middle.



### Safety First!

For safety, equipment, and supervision considerations when planning physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, [www.acicr.ca](http://www.acicr.ca).

### Clues that students are achieving the outcome...

"Students demonstrate the ability to listen to directions, follow rules and routines and stay on-task while participating in physical activity." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can identify the steps to complete front and back safety rolls.
- Students can follow safety procedures during skill practice and games
- Students can practice safety rolls to improve their performance



## Whoop It Up

### SAFETY ROLLS (SHOULDER)

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Set up six rows of three accordion mats attached end to end in half of the activity area. Instruct students to find a personal space sitting on the floor with a section of mat in front of them. All students should sit on the same side of the mats. Describe the technique for a forward safety roll while demonstrating or inviting a student to demonstrate:

**FORWARD ROLL:** Students begin in a squat position with weight on their toes facing the mat. Place hands on the mat slightly ahead of their toes, shoulder width apart and fingers facing forward. Round the back and tuck head between the knees. Chin should touch the chest. Push off with toes, raise the seat and roll forward. Keep chin to chest. Land on the top of the shoulders and push with the hands. Keep heels wide and close to the chest.

**BACKWARD ROLL:** Start in a squat position with back to the mat. Place hands pointing back over your shoulder with the palms up and thumbs near the neck. Tuck chin down onto chest. To start the roll sit down on the mat and push backwards with the toes, keeping in the tucked position. As the roll begins, bring the knees to the chest and roll onto the back. Push off the mat with the hands to land in a squat position on the toes.

Have students practice forward and backward rolls on the mats. They can do a roll, walk a few steps and roll again.

Provide descriptive feedback and invite a variety of students to demonstrate the proper technique. As students progress, challenge them to perform a front safety roll from a standing position or while walking.

**SAFETY ROLL TAG:** Organize the students to play tag on half of the activity area with no mats. When a student is tagged they must jog to the mat end and perform either a front or back safety roll. Stop the game often to allow new students to be the taggers.



### Safety First!

For safety, equipment, and supervision considerations when planning gymnastics activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, [www.acicr.ca](http://www.acicr.ca).



## Wrap It Up

As a large group, lead a head to toe stretch. Review the steps for performing front and back safety rolls, emphasizing that all rolls should be performed softly and quietly. Ask students to identify activities and situations where safety rolls might be necessary and beneficial.