

# Tumbling Fun: Rolling Like a Roly-Poly!

## Materials Needed:

- Soft floor surface (yoga mat, carpet, or padded area).
  - Upbeat music for warm-up.
  - (Optional) A small stuffed animal or beanbag (for "tuck" practice).
  - (Optional) Two small markers/toys to designate a start/finish line.
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## Learning Objectives (What We Will Learn):

By the end of this lesson, you will be able to:

1. Show me three important tumbling shapes (straight, pike, and tuck) safely.
  2. Do a safe warm-up to get your muscles ready to move.
  3. Try a forward roll with a spotter (a grown-up helper) and protect your head like a turtle!
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## Lesson Structure: The Super Mover Workout

### Part 1: Introduction and Warm-Up (Tell Them What You'll Teach)

#### Hook (1 minute)

**Educator Talk:** "Have you ever seen a cat or a little bug roll over really fast? That's called tumbling! Today, we are going to learn how to move our bodies safely so we can roll like a super bouncy ball. Why is it important to learn to tumble safely? Because we want to make sure our heads and necks are strong and protected!"

#### Success Criteria (How We Know We Are Ready) (1 minute)

We are successful today if we can keep our bodies strong, listen to instructions, and remember to tuck our heads when we roll.

#### Activity 1.1: Wake Up Our Muscles! (Warm-Up) (5 minutes)

- **Music Time:** Put on upbeat, fun music.
- **Jumping Jacks:** "Star Jumps!" (Start slow, count to 5).
- **Run on the Spot:** "Quick Feet like a mouse!" (Count to 10).
- **Arm Circles:** "Make small circles like tiny wheels, then big circles like giant wheels!"
- **Stretches (Gentle):** Butterfly Stretch (Sit and push knees down gently). "Can your nose touch your toes?"

**Formative Assessment Check:** Observe if the learner is participating and moving all limbs.

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## Part 2: Core Shapes and Skill Breakdown (Teach It: I Do, We Do)

### Activity 2.1: 'I Do' - Learning the Tumbling Shapes (5 minutes)

**Educator Talk:** "Before we roll, we need to know how to make our bodies strong and round."

1. **Straight Shape (The Pencil):** Lie flat on your tummy or back, hands stretched over your head, legs together. "You are a long, straight pencil!"
2. **Pike Shape (The Pizza Slice):** Sit up straight, legs extended in front. Reach for your toes (or ankles). "Can you fold yourself like a pizza slice?"
3. **Tuck Shape (The Bouncing Ball):** Sit and hug your knees tightly to your chest. If using the stuffed animal, place it between the chest and knees to hold the shape. "You are a tight, tiny ball! This is the most important shape for rolling."

### Activity 2.2: 'We Do' - Rock and Roll Prep (5 minutes)

**Educator Talk:** "Now let's practice rolling safely while staying in our ball shape."

1. **Rocking Ball:** Start in the Tuck Shape. Educator demonstrates rocking backward and forward smoothly without letting the feet touch the floor. "Rock like a rocking chair! Feel that massage on your back?"
2. **The Turtle Head Rule:** Emphasize head safety. When we roll, we must put our chin to our chest. "Tuck your head like a turtle pulling its head into its shell. We roll on our back shoulders, NOT our head."

### Activity 2.3: 'We Do' - The Forward Roll (Gradual Release) (7 minutes)

**Educator Modeling (I Do):** The educator demonstrates the full, slow motion of the forward roll, emphasizing the tuck and the push-off.

#### Step-by-Step Practice (We Do):

1. **Start Position:** Squat down like a frog, hands flat on the mat shoulder-width apart.
2. **Tuck & Look:** Tuck chin to chest (Turtle Head!). Look at your belly button.
3. **Lower:** Gently push off your feet, allowing the rounded back (shoulders) to touch the mat first.
4. **Spotter Action (Crucial):** The educator/adult places one hand gently behind the learner's neck/upper back to guide the head tuck, and the other hand on the hips to maintain momentum and ensure a rounded shape.
5. **Finish:** Roll smoothly over, pushing feet to stand up (if possible).

**Practice Cycle:** Repeat 3-5 times with heavy spotting and verbal praise for head tucking.

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## Part 3: Application and Conclusion (Tell Them What You Taught)

### Activity 3.1: 'You Do' - Tumbling Obstacle Course (5 minutes)

Set up a short path using markers or imaginary lines. The learner executes a series of locomotor movements and then attempts the roll.

1. **Bear Walk:** Crawl like a bear for 4 steps.
2. **Bunny Hops:** Hop forward like a bunny 4 times.

3. **Skill Station:** Execute the Forward Roll (with supervision and spotting).
4. **Cool-Down Walk:** Walk slowly back to the start.

### **Differentiation:**

- **Scaffolding (Support):** If the forward roll is too difficult, practice the 'Rocking Ball' in a gentle slope (like a cushion or layered blanket) to feel the momentum assist.
- **Extension (Challenge):** Try to perform the forward roll starting from a kneeling position, or attempt to clap before completing the roll.

### **Activity 3.2: Closure and Recap (3 minutes)**

**Educator Talk:** "Wow, you moved your body like a real acrobat!"

1. **Recap Challenge:** "Show me the three shapes we learned! (Pencil, Pizza Slice, Bouncing Ball)."
2. **Safety Check:** "What is the most important thing we do to protect our head when we roll? (Tuck the chin like a turtle!)"

### **Activity 3.3: Cool Down (2 minutes)**

Slow music. Shake out arms and legs. Take three big, slow breaths (smell the flower, blow out the candle).

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## **Assessment and Feedback**

### **Formative Assessment (Ongoing)**

- Did the learner hold the 'Tuck Shape' for at least 3 seconds during the Rocking Ball drill? (Checks body awareness and strength).
- Did the learner remember the 'Turtle Head Rule' (chin to chest) when attempting the roll? (Checks safety comprehension).

### **Summative Assessment (End of Lesson)**

The learner successfully demonstrates two components of the forward roll:

1. Ability to squat and place hands correctly.
2. Willingness to attempt the roll while keeping the body rounded and the head tucked (even with spotter assistance).

**Feedback:** Provide positive, specific feedback. Example: "I loved how tight you made your bouncing ball shape! Next time, let's see if we can push a little harder with our legs to stand up at the end!"