

**ROCK AND ROLL STATION CARD 1**

**Station 1: Straight Body Rolling Actions**

**Individual  
Challenges**

- Log Roll
- Steamroller Log Roll (faster speed)

**Partner  
Challenge**

- Simultaneous Log Rolls (students on two different mats roll at exact same time)

**Learning Cues:**

- Keep arms and legs completely straight
- Keep shoes touching while rolling
- Squeeze abdominal muscles
- Stretch arms as tall as possible

**Safety Considerations:**

- Only one student should roll on the mat at a time
- Be considerate of your classmates by waiting patiently for your turn on the mat

**ROCK AND ROLL STATION CARD 2**

**Station 2: Curled Body Rolling Actions**

**Individual Challenges**

- Rock and Roll
- Egg Roll
- Forward Roll
- Backward Roll

**Partner Challenge**

- Simultaneous Rolls (students on two different mats perform same roll at exact same time)

**Learning Cues:**

- Begin in a squat position, then transfer weight as you begin the roll
- Keep body in a curled (or rounded) shape while rolling
- Try to keep your chin on your chest
- Eyes look towards your belly button

**Safety Considerations:**

- Only one student should roll on the mat at a time
- Be considerate of your classmates by waiting patiently for your turn on the mat

**ROCK AND ROLL STATION CARD 3**

**Station 3: Rolling Actions with Equipment**

**Individual Challenges**

- Perform a roll with a scarf held between your shoes – don't let it fall out!
- Perform a curled shape roll with a scarf held between your chin and your chest

**Partner Challenge**

- Have a partner hold a hula hoop upright at the end of a mat, and you perform a forward roll through the hoop

**Learning Cues:**

- Keep body in the correct shape while rolling (curled or straight)
- Try to keep your chin on your chest and look towards your belly button for a curled shape roll

**Safety Considerations:**

- Only one student should roll on the mat at a time
- Be considerate of your classmates by waiting patiently for your turn on the mat

**ROCK AND ROLL STATION CARD 4**

**Station 4: Safety Roll Challenges**

**Individual Challenges**

- Perform a safety roll and stand up on two feet
- Perform a safety roll and see if you can stand up on only one foot (try both right and left!)
- Perform a safety roll with a tuck jump as you stand up
- Perform a safety roll with a star (or straddle jump) as you stand up

**Partner Challenge**

- Have a partner stand directly in front of you with a noodle extended out in front of them. The person performing the safety roll grabs hold of the noodle as they stand up (this can assist if you are still working towards being able to stand up on two feet, or on one foot, by yourself)

**Learning Cues:**

- Keep body in a curled shape while on the mat during the safety roll
- Try to stand up without using your hands to push off the mat
- Transfer your weight onto your feet (or foot) as you stand up by leaning forward slightly

**Safety Considerations:**

- Only one student should roll on the mat at a time

**ROCK AND ROLL STATION CARD 5**

**Station 5: Rolling Action Sequences**

**Individual  
Sequence  
Challenges**

1. Balance + Roll + Balance
2. Balance + Roll + Balance with equipment!
3. Roll + Traveling Action + Balance
4. Roll + Traveling Action + Balance with equipment!

**Learning Cues:**

- Try to be creative with the skills you put together in your sequence
- Make sure to hold your balances for at least 3 seconds
- Try to have the skills you have chosen flow together from one skill to the next

**Safety Considerations:**

- Only one student should perform a sequence at a time on the mat
- Remember the learning cues for curled shaped rolling actions so you protect your head and neck