

**STEP IT UP ACTIVITY CARD**

<p><b>Rolling</b></p>	<ul style="list-style-type: none"> <li>• <b>Rolling is an example of transferring weight from one body part to another. Let's try the following rolling actions:</b> <ul style="list-style-type: none"> <li>○ Log roll (from back to stomach)</li> <li>○ Rock and roll (from bottom to back)</li> <li>○ Safety roll (from feet to back)</li> </ul> </li> </ul>
<p><b>Tabletop and Bridge</b></p>	<ul style="list-style-type: none"> <li>• <b>Another example is performing a tabletop and/or a bridge. Let's try these challenges:</b> <ul style="list-style-type: none"> <li>○ Tabletop: Sit in a tuck position with your hands on the ground behind you and feet flat in front. Lift up your hips to make a flat position from your shoulders to your knees.</li> <li>○ Bridge: Lay on your back with your knees bent and feet flat on the floor, with your palms flat on the ground next to your ears (elbows point up). Push your belly button towards the sky by pushing through your arms and legs to make a bridge position with your body.</li> <li>○ Additional challenge: push up into a tabletop or bridge position, and then lift one leg or one arm up at a time.</li> </ul> </li> </ul>
<p><b>Step Like Actions</b></p>	<ul style="list-style-type: none"> <li>• <b>Now let's transfer weight from our feet to our hands. Let's try these challenges:</b> <ul style="list-style-type: none"> <li>○ Donkey Kicks (from two feet to two hands)</li> <li>○ Handstand Leg Switcheroo (begin in a squat with hands on the floor – then kick one leg up at a time so they switch while in the air)</li> <li>○ Handstand (can begin in squat or from a stand, legs come together in the air)</li> <li>○ Cartwheel Jumps (begin in a squat with feet on the outside of one of your hands, then jump to the other side of your hands)</li> <li>○ Cartwheel (can begin in squat or from a stand – kicking one foot to the other side at a time like a rainbow)</li> <li>○ Round off (similar to a cartwheel, except you land on two feet at the end)</li> </ul> </li> </ul>
<p><b>Student Challenge</b></p>	<ul style="list-style-type: none"> <li>• <b>Now that we have practiced different types of weight transfers, can you work with the partners on your mat to come up with a new one of your own?</b> <ul style="list-style-type: none"> <li>○ Come up with a creative way to transfer weight from one body part to another.</li> <li>○ Prepare to share what you created and the body parts you are transferring to/from.</li> </ul> </li> </ul>