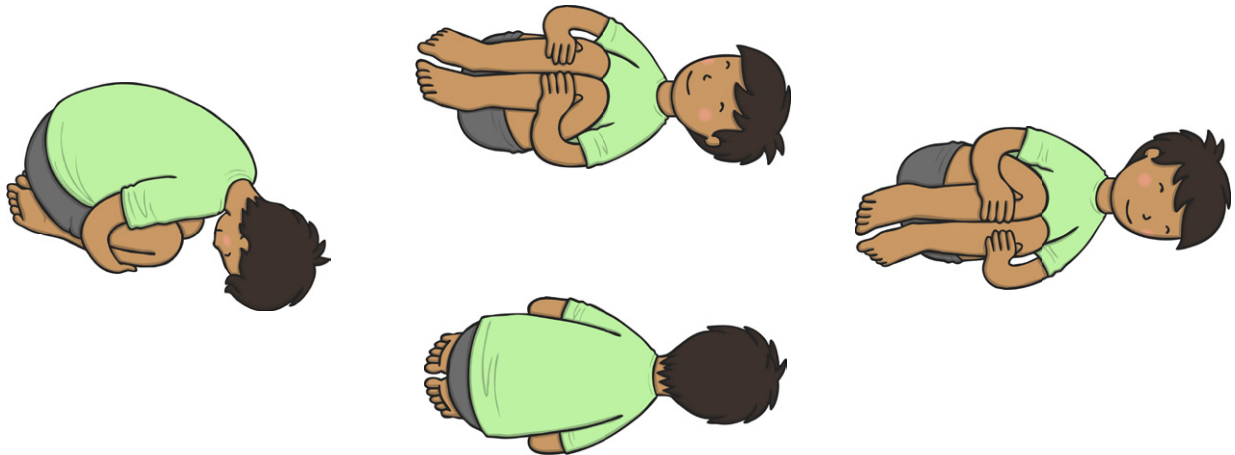
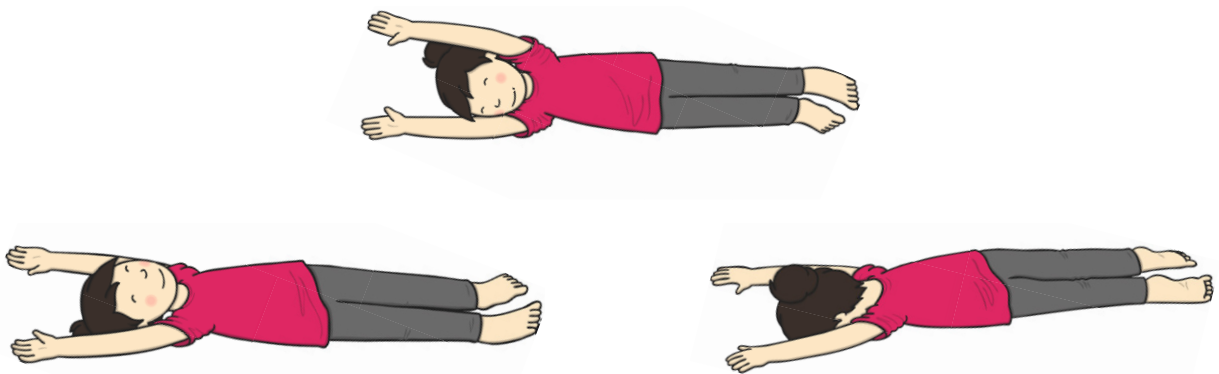


## Egg Roll



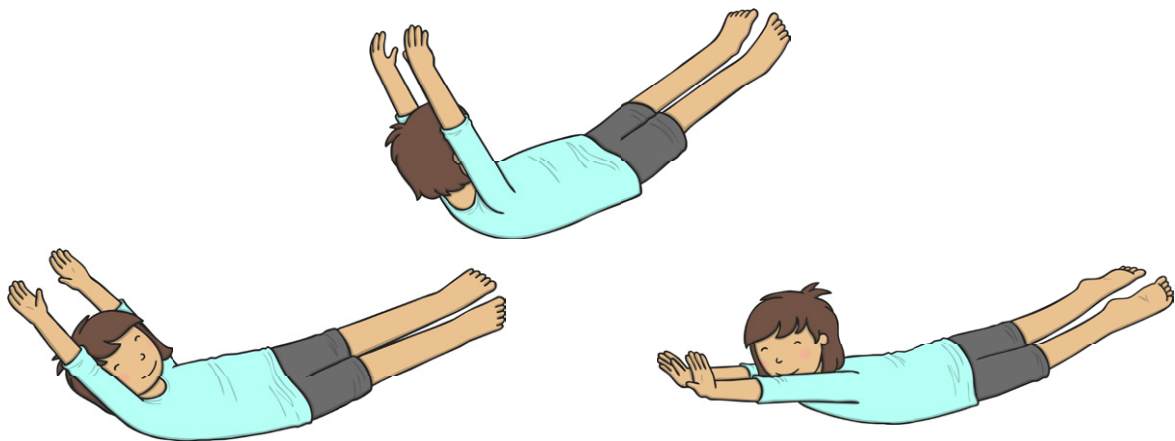
1. Curl up like an egg.
2. Keep chin tucked tight.
3. Hold knees tight.
4. Keep body tight and roll from one side all the way over.
5. Practise rolling in both directions.

## Pencil Roll



1. Lie down on the floor.
2. Put arms and legs out straight.
3. Keep arms and legs together.
4. Keep body in a stiff position.
5. Roll from back to front then front to back.

## Dish Roll



1. Lie down on the floor.
2. Put arms and legs out straight.
3. Keep arms and legs together.
4. Lift arms and legs slightly off the ground.
5. Roll from back to front then front to back.

## Rock on Back



1. Sit on floor with knees up.
2. Hold knees with hands.
3. Rock onto back.
4. Rock back up to sitting.

## Teddy Bear / Circle Roll



1. Sit with legs straight and apart.
2. Hold back of knees.
3. Roll back on to shoulder.
4. Roll across to other shoulder.
5. Sit back up.
6. Keep legs straight.
7. Start and finish in a straddle position.