#ThisIsPE

**Mobility — Rolling**

**INCLUSIVE PE ///**

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**Content outline**

This activity aims to develop mobility whilst on the ground

- Mobility
- Rolling

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**STEP**

This resource and supporting video have been created by:

Angela Lydon, West Specialist Inclusive Learning Centre

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

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**Learning intention**

**Physical:**

- To be able to move across the floor by rolling

**Personal:**

- To recognise how we can travel

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**Verbal Instruction / Feedback:**

- Give each task specific feedback; “you are travelling really fast”
- Praise individual tasks; “Great rolling”
- Use clear language when giving instructions – use single words where possible; “Stretch your arms”, “roll”
- Use songs / rhymes to support the activity, Eg. “There were 3 in the bed . . .”

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**Equipment**

- Different lengths of mats will encourage the young person to roll further

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**People**

- Gradually reduce the physical support given to complete each activity

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**Space**

- Increase the distance the young person is required to travel
- Decrease the distance away the young person is required to travel

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**Task**

- Adapt the speed the young person is asked to travel
- Support the young person by holding their arm above their head – this will help if the arm is getting caught under their body
- Support the young person by lifting their leg – this will help if they are struggling to turn their body

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For further support on any of the activities please also visit: [https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme](https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme)

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**More resources**

[www.youthsporttrust.org/free-home-learning-resources-secondary](http://www.youthsporttrust.org/free-home-learning-resources-secondary)