

Rolling

K-5 Physical Education

Benchmarks

Kindergarten

1. Is able to round their bodies like a ball.
2. Is able to arch their bodies in different ways.
3. Is able to transfer weight from feet to back in self-space.

Grade One

1. Is able to rock on their back, stomach and side.
2. Is able to roll sideways, including egg roll, log roll and twin rockers.
3. Is able to roll at different speed.

Grade Two

1. Is able to roll through the legs.
2. Is able to roll forward and add number of rolls.
3. Is able to roll over a shoulder in different directions.

Grade Three

1. Is able to roll forward from different position, direction, and speed.

Grade Four

1. Is able to combine rolling, direction and speed.