

# UNDERARM ROLLING



Improves balance, muscle tone and coordination.



Learning through movement, develops focused attention and decision-making skills.



I am kind.





1

Stand with your feet hip-width apart and your knees slightly bent, eyes facing forward, head and body stable.



2

Gently swing the arm holding the ball straight out behind you.



3

As you swing your arm forward, step forward with your opposite foot.



4

Release the ball along the ground as your arm extends forward.



- Follow through with your arm pointing in the direction you want the ball to travel.



- Roll the ball to a partner or use other objects as targets.



- What happens if you release the ball too early?
- What happens if you release the ball too late?
- Did you smile at your partner when you made eye contact?  
How do we feel when people smile at us?
- Underarm rolling helps you in bowls, cricket and tunnel ball.  
Can you think of any other games or sports where underarm rolling might help you?

