

Outdoors and Active

Top Ten Ways To **Roly Poly** This Weekend

1. **Roll** down a grassy slope or mound. The feel and smell of grass as it speeds past is exhilarating and rolling over and over is great for balance and body awareness.
2. **Twirl** on the spot, with arms outstretched to feel the wind as it whooshes past. A long satin ribbon on a stick can be a great incentive to move.
3. Practise **somersaults and cartwheels** on smooth ground.
4. **Spin** around every lamppost, sign and railing you can find on your every day journeys.
5. Hold children by their hands or feet (or one of each) and **swing** them around and around – children will get less dizzy than you do, as the liquid in their ears is thinner than yours.
6. **Twist** the chains on a swing round and round and then release them so that the child spins round at top speed. Use the roundabouts too.
7. **Whirl and wave** in open, uncluttered spaces. Objects such as flags, ribbons, cheerleader pompoms and bubbles can encourage whirling.
8. Play **circle games** with friends. Try ring-a-ring-a-roses or use a parachute or big sheet for games that promote upper body strength.
9. Find objects to **roly-poly** over – bike racks, railings, fences. Children love to hang and twirl upside down.
10. **Pirouette** like a rhythmic gymnast or ballet dancer, using long silky scarves or ribbons to create added drama and encourage big body movements.

Boing Whoosh RolyPoly was devised by Jasmine Pasch – RolyPoly is about rotational movements.