

Roll

Rolling is the transference of weight to different body parts around a central axis. Learning to roll helps to prevent injury when falling or overbalancing. Rolling is one of baby's first important motor milestones, supporting the development of postural control and a good cross-body movement. Babies learn to roll from birth, however some might take some time before they can do so.

Children will progress from rolling a large light ball with both hands in no particular direction to rolling a smaller heavier ball in a desired direction with one hand.

Method

Children need to learn to roll forward, backward and sideways (pencil roll).

When children first learn to roll incline/cheese mats can help.

When rolling a ball children will aim for:

- rolling a ball on the ground whilst seated, squatting, on knees or bent from standing
- rolling a ball on a variety of surfaces (including down and up)
- rolling a ball aiming at another person/object



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