

Reception Homework – Friday 6th February 2026

Once your homework is completed, take a photo and upload it onto Tapestry. Please give it the title: Homework 06.02.2026

Activity:

In school, we have been working on our rocking and rolling skills in PE. This has meant that we have needed to use our tummy muscle to control our bodies as we rock and roll. Lots of us have found this quite tricky. We would like you to practice some of the rocks and rolls we have been working on in school. These include rocking from side to side and backwards and forwards, and doing barrel rolls and straight rolls. These are how to complete the movements:

- 1) Rocking side to side – Lie on your back and hug your knees to your chest. Can you rock from side to side staying in the tucked shape?

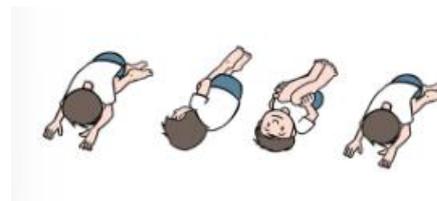
Keep your hands on your shins and stay squeezed in that shape.



- 2) Rocking backwards and forwards – Sit on your bottom and hug your knees. Rock backwards onto your back and then sit back up to your bottom. Can you do this three times in a row?



- 3) Barrel roll – Start on your shins with your bottom touching your heels. Hands and elbows touching the floor with your elbows next to your knees and your chest tucked down. Keep this shape by squeezing your muscles as you roll sideways onto your back and over onto your front again.



- 4) Straight roll – Start on your stomach with your arms above your head and knees/ankles together. Lift your arms and legs off the ground. Squeeze your muscles to help you stay in a straight shape as you roll onto your back, keeping your arms and legs off the ground. Keep rolling back onto your tummy to finish the roll.

Parents:

- Watch the videos below with your child to remind them how to complete the barrel roll and the straight roll.
Barrel roll - <https://www.youtube.com/watch?v=ORRSw7YzLPk>
Straight roll <https://www.youtube.com/watch?v=KOSx75WcTD4>
- **Ensure the rolls are complete on a carpeted/soft surface on the floor, with adult supervision.**
- Support your child keep their shape as they complete the roll.
- Remind your child to squeeze their muscles as they complete the movements.

