

GOALS: Rolling

Postural Control
 Proprioception
 Use of Vision
 Vestibular Stimulation

Skill Development	Instructions	Exercise
<p>Balance: is the interaction between your inner ear (vestibular system), your eyes (use of vision) and the way you feel the ground through your feet (proprioception).</p> <p>Proprioception: Awareness of where body is in space.</p>	<p>Use the Centre Line.</p> <p>Start in the Box at the bottom of the mat.</p> <p>You are going to practice looking left and right (as if crossing a road) without losing your balance when you turn your head.</p>	<ul style="list-style-type: none"> • Lie straight across the mat. • Lift your arms above your head. • Keep your body straight - move your body as one. • Roll from the bottom to the top of the mat and back. • Try staying straight by using the Centre Line and making sure your belly button touches the Centre Line each time you roll over.
Feedback / Notes		<ul style="list-style-type: none"> • Repeat x4
Empty space for feedback/notes		Empty space for feedback/notes