



Turtle Rock

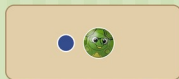
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Active Flashcards

Turtles rock on their shells! Squeeze Turtle tight and rock her up to your hands.

Set-Up

Sit on soft grass or a rug with Turtle at your feet.



Soft grass or rug

How to Play

1



Sit with your hands behind you. Squeeze Turtle tight between your ankles.

2



Lean back and lift your legs so Turtle rolls towards your tummy.

3



Let go with your feet and catch Turtle in your hands. Turtle Rock!

Coach's tip

Squeeze with your ankles and keep your tummy tight as you lift.

Level up

Do 5 in a row, putting Turtle back at your feet each time.

You need: Ball, a rug or soft grass





Turtle Rock

1

Active Flashcards

Coach's Notes: for grown-ups

What to look for

- Do they keep the ball squeezed between their ankles?
- Do they lift with legs together and tummy tight?
- Do they watch the ball all the way into their hands?

Squeeze

Strong tummy

Catch

Make it easier or harder

	Easier	Harder
Space	Sit against a cushion for support.	Stay on a small mat the whole time.
Task	Lift Turtle a little, then put her down.	Rock up, catch, then pass Turtle back to your feet.
Equipment	Use a softer, lighter ball.	Use a smaller ball (size 1 or 2).
Speed	One at a time, slow and steady.	How many Turtle Rocks in 30 seconds?

Inclusion ideas

- Players can lift the ball with bent knees, with a grown-up helping guide it to their hands.
- Use a ball with a bell inside so players can hear where it is.

Safety

Soft ground only. Keep the space behind your head clear.

