

Backward Roll

後滾翻

We may think that a backward roll is merely a gymnastic skill, however there is so much more to it!
你可能認為後滾翻難道只是一項體育動作，其實這當中遠不止如此。

1 Any type of rolling will help promote your child's spatial awareness, developing their sense of space around them. For example as your child grows older and thus grows their gymnastic abilities and tries to link two three or more tumbling skills together, they will need to know where the floor is and the ceiling while rotating.

任何形式的翻滾都能培養孩子的空間意識，培養他們對周圍空間的感覺。譬如當你孩子再大些，他可能會想翻連續兩三個甚至更多的筋斗，他就須很清楚哪兒是天花板哪兒是地。



2 While learning how to do a backward roll your child will be building that bond with the adult teaching them that particular skill set, while maneuvering their bodies in possibly ways they haven't yet experienced your child will need to learn to trust the adult supporting them. Moreover your child's neurons in their brains will be receptive to this new movement's learning all the time and training the specific muscle sets involved how to initiate the backward roll.

當孩子學習後滾翻時，與教學者會更緊密。因為小朋友的身體可能從未嘗試過這樣的姿勢，他們需要信任那個扶著他的人。此外他們亦將學習這個新動作的過程中鍛煉到腦神經細胞的接納性和特定的肌肉群。

3 A skill learned in one sport can be transferred and utilised in another. For example, a backward roll learned in gymnastics requires very similar physical skills as say a backward roll in diving or judo. A child can also take the backward rotation learned while doing a backward roll into learning how to fall safely in any other contact sport, for example when playing sports such as rugby, football or soccer. A child might also use the momentum of the tackle to roll back and protect their neck to greatly reduce the risk of injury.

一項運動中習得的技能可在各項運動中融會貫通。體操中的後滾翻和跳水或柔道中學習的後滾翻是十分相似的。進行橄欖球、足球等身體接觸性運動時，後滾翻將有助運動員安全地向後倒地，孩子可以透過順勢向後翻滾保護頸部，減少受傷。



Supplied by: My Kiddy Gym Limited



Book
Your Trial Class
NOW



Website: www.mykiddygym.com
Address: 10/F, Ming An Plaza, 8 Sunning Road, Causeway Bay
Tel: 2759 8811 Email: cs@mykiddygym.com