

## Home recording sheet

### Line rolling

Date	Time spent	Comments

## Summary of goals

**Tick the box when these goals for line rolling are achieved**

<b>Goal 1</b>	Roll along a line keeping your head on the line.	
<b>Goal 2</b>	Roll along a line keeping shoulders on the line.	
<b>Goal 3</b>	Roll along a line keeping waist on the line.	
<b>Goal 4</b>	Roll around a corner.	
<b>Goal 5</b>	Roll along a curved path keeping head on the line.	
<b>Goal 6</b>	Roll to an object across the room, hitting it with head, shoulders, waist, knees, then feet	