

**Today's Seriously Fun Adventure...**

Bella is taking us to the race track today! We are going to be looking at things that turn and roll. But Bella has told us that there will be lots of cars whizzing around the track, so we must be very careful and stay safe, travel sensibly and change direction if we see cars coming towards us. It will also be very noisy! So keep your eyes peeled for those cars...

We will have to remember and use the different shapes we can make with our bodies, to stay out of danger, like the tuck shape, straight shape and wider shapes. Can we roll using these shapes, just like the wheels of the cars rolling round and round? We will learn new rolls today, like the log roll, egg roll and the teddy bear roll.

If our rolls are good enough, Bella will let us perform them at the car show at the race track! So let's try and do our best rolls for her.