



Spot turns

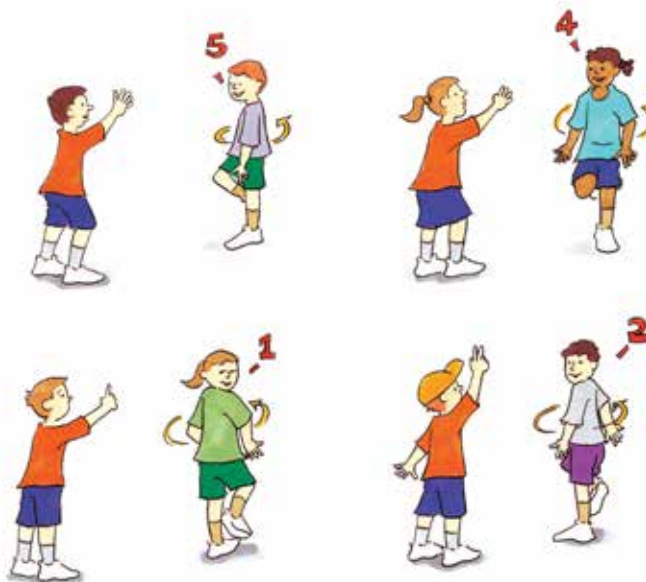
In pairs, players explore different ways of doing turns – ¼ turn (90 degrees), ½ turn (180 degrees), full turn (360 degrees, with spotting) and other turns on the spot in a clockwise and anti-clockwise direction.

What you need

- > A smooth surface to allow spinning

What to do

- > Players form pairs, standing about 2 metres apart, facing one another.
- > Player A turns a full circle by performing 4 ¼ turns, while Player B holds up a number of fingers.
- > On each quarter turn, Player A calls out the number of fingers Player B is holding up.
- > Player A performs 4 ¼ turns while maintaining eye contact (spotting) with Player B.
 - ¼ turn (90 degrees) to the right, looking over left shoulder
 - ¼ turn to the right, looking over left shoulder
 - ¼ turn to the right, change to looking over right shoulder
 - ¼ turn to the right, now looking straight at Player B.
- > Repeat in the opposite direction (anti-clockwise).
- > Swap roles.



Scoring

- > Players receive one point each time they call out the correct number of fingers their partner is holding up.

Change it

- > Player B holds up coloured cards rather than fingers.
- > Have markers on the wall for players to use as a spotting aid.
- > Jump ¼, ½ and full turns.

Safety

- > Make sure the floor covering does not inhibit players' movement for floor spins (e.g. carpet can restrict movement).

Ask the players

- > How many different ways can you rotate other than spinning (e.g. jump, hop, march, etc)?
- > How does spotting help? What should you do as spotter?
- > What are the different ways you can do a ¼ turn?
- > How can you combine them?
- > Can you add other movements, such as arms, or travel?

LEARNING INTENTION

Spot turns is an activity that focuses on dynamic balance and movement skills to perform simple movement sequences such as jumping, hopping and twisting.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS COORDINATION

STABILITY/BALANCE

CONTENT KNOWLEDGE

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08

ACPMPO25

ACPMPO43