

### GETTING SKILFUL - FABBB

Encourage the children to:

#### Feet

- try extending their legs or tucking them in while turning.

#### Arms

- try moving their arms away from and close to the body while spinning.

#### Body

- use different points of the body to see if they can turn around on them.

#### Brain

- think about which point is the centre of the turn and which direction they are spinning.



Encourage the children to:

#### Space

- try changing from a low to high and high to low position while spinning.

#### Objects

- experiment with objects that rotate:
  - do some spin easier than others?
  - can you spin a ball or hoop with different parts of the body?

#### Speed

- move arms and legs away from and closer to the body when spinning to turn faster or slower.

#### Strength

- experiment with:
  - the amount of push it takes to turn 90°, 180°, 270° with 360° being their maximum turn
  - pushing accurately to turn an exact amount.

### GETTING BETTER - SOSS

### ALL ROUND DEVELOPMENT, LINKS WITH:

#### Balance

- maintaining balance when changing direction and exploring how fast it can be done while still remaining in balance.

#### Co-ordination

- using music to explore dance steps that involve turning.

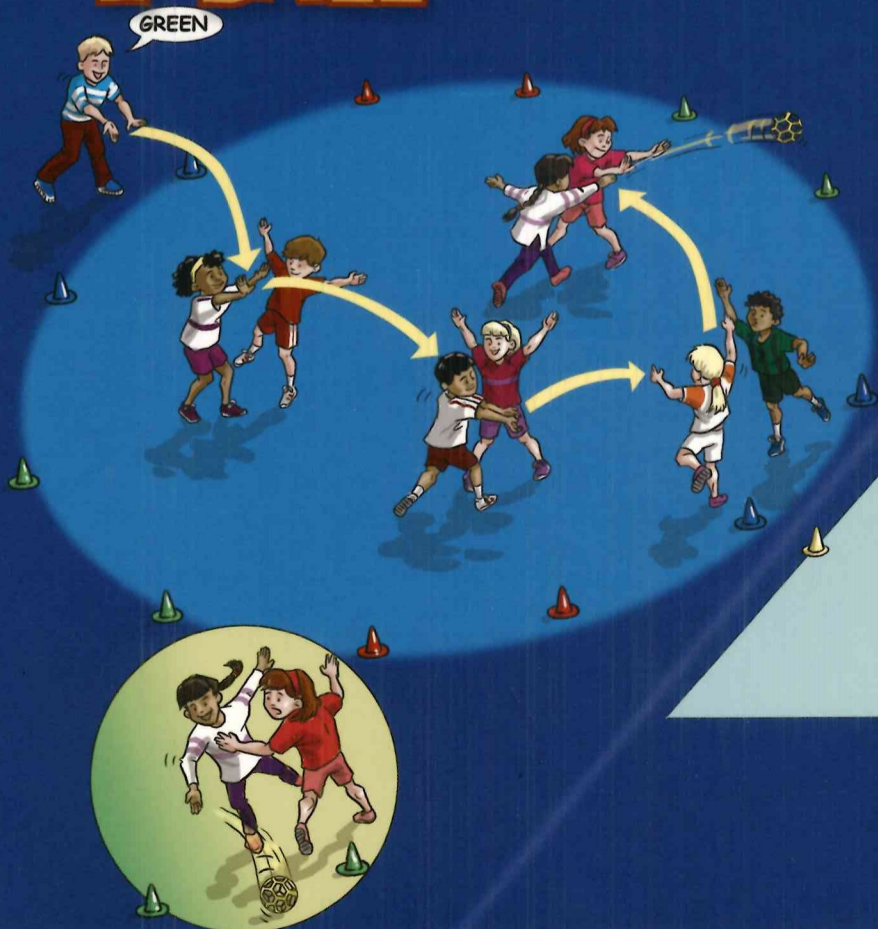
Encourage the children to try:

- putting together a sequence of spins and turns to a rhythm or music
- including a balance skill while spinning by turning on a line, spot, bench or beam
- finding some skills from sport that also use spinning and turning. Can these skills be used when throwing, striking or kicking?

### EXTENDING SKILLS

- Two teams of four with three pairs of opposite goals made using markers of red, blue or green.
- The ball is thrown in and a colour shouted out.
- The players who get the ball have to score in a goal of that colour.
- Play netball based rules.

### Z-BALL



### HUMAN PINBALL

- Two teams of players are sat in hoops.
- Players spin on their bottoms to contact the ball with feet or legs and move it towards goal.
- Use large beach/swiss ball.
- Ensure that hoops are at least 2 ball widths apart.
- Can be played standing with one leg or kneeling using arms.