

**KIWI**SPORT  
Fundamental Skills  
**BODY MANAGEMENT ACTIVITIES**  
• ROTATION •

**TURNING AND ROTATING AROUND THE LONG AXIS**

**ACTIVITY 111 *CAN YOU BE***

**BEFORE THE ACTIVITY**

Grass, floor or hard area.

**DURING THE ACTIVITY**

In free formation children are given the problem "Can you be like . . . ?" and turn a quarter / half / three quarter / full turn / several turns

- a screwdriver turning a screw
- a revolving clothesline.
- a revolving door
- a washing machine
- a merry-go-round
- a post-hole borer
- a helicopter rotor

**LOOK FOR**

- change of focal point
- balance

**VARIATIONS**

- Turn in either or both directions
- Child turns, others guess then copy



**TURNING AND ROTATING AROUND THE LONG AXIS**

**ACTIVITY 112 *MUSICAL TURNS***

**BEFORE THE ACTIVITY**

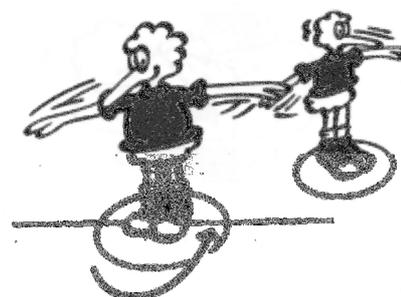
Hoops, music.

**DURING THE ACTIVITY**

One or two less hoops than the number of children are scattered in a defined area. Children run freely around the hoops. When the music stops the children jump into the hoops and do a 90°, 180°, 270° turn according to what is called out, then proceed to run around the hoops. Only one person is allowed in each hoop at one time. Each time a hoop is removed. Those who cannot get into a hoop move to the outside of the area. They continue to run and turn as called but stay outside the area.

**LOOK FOR**

- turning tall
- change of focal point. Look to side 90°, 180°, and 270°



## TURNING AND ROTATING AROUND THE LONG AXIS

### ACTIVITY 113 **ROTATING ON VARIOUS BODY PARTS**

#### BEFORE THE ACTIVITY

Wooden or vinyl floor.

#### DURING THE ACTIVITY

- Freely spaced
- Rotate/spin around on:
  - your bottom (hands/no hands)
  - your stomach
  - your back
  - tall like a flag pole



What effect does extending/moving your legs out have?  
What happens when you tuck/hold your body in close?  
Reduce friction/surface area to enhance speed of rotation.

#### LOOK FOR

- change of focus
- balance

## FORWARD AND BACKWARD ROTATION

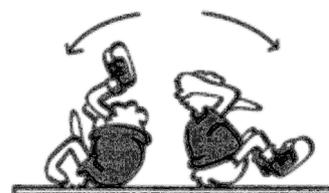
### ACTIVITY 119 **ROCKING FORWARDS AND BACKWARDS**

#### BEFORE THE ACTIVITY

Grass or padded surface.

#### DURING THE ACTIVITY

- Freely spaced with room to move
- From sitting, rock :
  - forward and back
  - shoulders to feet to shoulders
  - from back to one foot
  - to stand.
- What shapes can you make as you rock forward and back?



#### LOOK FOR

- slightly curved back to protect spine

## EXPLORING SIDEWAYS ROTATION

### ACTIVITY 122 **ROCKING FROM SIDE TO SIDE**

#### BEFORE THE ACTIVITY

Grass or padded surface.

Cylinders less than length of children's legs in diameter or rolled mat. Learn to fall sideways.

#### DURING THE ACTIVITY

- Freely spaced, standing feet astride, arms sideways rock from side to side
- Sitting feet together and cross legged, hold feet and tilt from side to side – then rock
- Extend to rock from one side to the other coming up into sitting position

- Sit astride a cylinder or rolled mat – rock from side to side. How long can you stay on?

#### LOOK FOR

- controlled movement
- carrying head in 'neutral' position



### ROTATION WITH EQUIPMENT

#### ACTIVITY 123 **EXPLORING ROTATION WITH EQUIPMENT**

##### BEFORE THE ACTIVITY

Poi/ribbon balls/tennis ball in a stocking, hoops, music.

##### DURING THE ACTIVITY

- Free spacing with a chosen piece of equipment
- Explore rotation of equipment: Exploration and experimentation can be teacher suggested, peer led, and individual.
- Vary tempos
- Vary positioning of body, eg. lying down, sitting, kneeling, standing
- Use one piece of equipment – left and right hands
- Use two pieces of equipment and both hands simultaneously if possible
- Add music, locomotion
- With one piece of equipment explore movement in two different directions and at two different heights
- Make big circles in the air, small circles, figure eights
- Be a helicopter, sidewinder, katherine wheel, vary the plane of rotation. Individually or in small groups make up a short sequence of movements

##### LOOK FOR

- wrist action for small, fast movements
- arm action for large, slower movements
- loose grip to allow easy rotation
- a swivel hook can assist rotation and prevent tangling

##### VARIATIONS

- Give directional instructions in Maori
  - Teki mua – in front
  - Ki muri – behind
  - Ki raro – below
  - Ki runga – above
- Make up a short sequence or pattern and teach it to someone else
- Learn poi dances



You can find these ideas at:

<http://teachersaretops.com/shared/kiwisports.pdf>

for further ideas go to:

[http://www.sportnz.org.nz/Documents/Young%20People/L\\_5620-3\\_SPC\\_A4\\_3\\_stability-ff\\_WEB\\_rotation.pdf](http://www.sportnz.org.nz/Documents/Young%20People/L_5620-3_SPC_A4_3_stability-ff_WEB_rotation.pdf)