

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

- | | |
|--|---|
| <input type="checkbox"/> a screwdriver turning a screw | <input type="checkbox"/> a merry-go-round |
| <input type="checkbox"/> a revolving clothesline. | <input type="checkbox"/> a post-hole borer |
| <input type="checkbox"/> a revolving door | <input type="checkbox"/> a helicopter rotor |
| <input type="checkbox"/> a washing machine | |

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

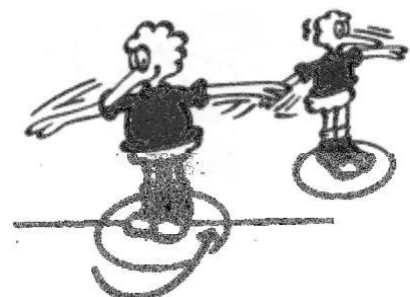
Hoops, music.

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

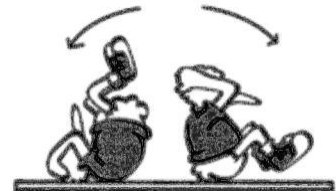
ACTIVITY 119 **ROCKING FORWARDS AND BACKWARDS**

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