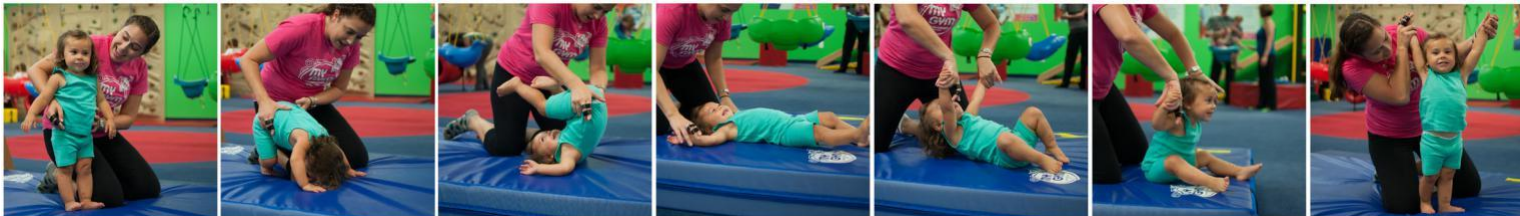


Rotation

Rotation includes a variety of movement patterns that require the body to move through space and around its own axis. It includes movements such as twisting, rolling, turning and spinning. These movements are evident in everyday activities, games and most sports (e.g. pivoting in basketball, twisting and turning in tennis, forward roll in gymnastics).



Rotation Activities (Under 5s)

- **Spinning/Rotating** – Turning around in circles – go both ways. Going slow is just as beneficial. Challenge children by getting them to close their eyes and spin.
- **Lowering head below knees** – Standing on their feet get children to lower their heads and bend down to look between their legs. See if they can bring their head and hands to the floor, can they wave to a friend while looking through their legs, can they walk around backwards looking between their legs. Get them to throw beanbags into a hoop through their legs.
- **Rotation in a hoop or circle** – While children are standing inside a hoop or chalk circle, see if they can spin around while staying inside the circle. Try lifting up the hoop and rotating.
- **Pencil rolling** – Child lies on floor with arms stretched above head and rolls, try doing this by keeping fingers on a line. Co-operative pencil rolling – get children to lie opposite to one another so that they can join hands and roll together- or use scarves to hold onto.
- **Spinning on an office chair** – Lay the child on their tummy on the office chair, with the adult slowly spinning the chair around – go both ways. Pretend to be a rocket counting down to take off.
- **Novelty Spinning** – Use a washing basket, cardboard box or on a blanket or towel, spin the child around in different directions.
- **Sausage Rolls** – Roll up in a blanket then unroll. Great to do in a parachute or sheet lie on top of the sheet/ parachute hold an edge and then roll up. Children have to then roll the other way.
- **Wheel barrows** – The child walks on hands while someone holds their thighs. This activity is not only great for upper body development but also good for stimulating the vestibular system as the head is lower than the body. Hold the child by the thighs, with their legs tight by yours.

- **Lying on tummy on a Swiss ball or cylinder** – Roll the ball or cylinder back and forth with the child on top. With young children put a toy on the floor that they have to reach out to grab. With those confident encourage them to try it on their back.
- **Scooter boards** – Children can pull/spin themselves around using their arms. Tie a rope from two points and put the scooter board on top - children use the rope to pull themselves along.
- **Songs** – Sway and slowly twirl around to music, holding a scarf or scarves in their hands. Dance to the music, spinning the children under your arm one way and then the other.
- **Roll down a hill** – A hill is one of the best things to use to help stimulate the vestibular system. If you don't have a hill you can always use a mattress or mat with one end slightly elevated.
- **Teddy Bear Roll (legs bent)** – Sit on the floor with legs bent and soles of feet together- hold onto feet and roll around.
- **Wash the dishes, dry the dishes, turn the dishes over** – In pairs face each other and join hands with arms straight to the side. Move arms up and down from side to side on 'wash the dishes, dry the dishes'. Turn over and over for 360 degree turns. Use a towel or sheet for differences in height.
- **Roller Coaster** – Create a track that is made out of large floor pillows, mats, teddy bears etc. Child rolls up and down over soft equipment.
- **Hanging upside down** – Hang the child so their head is lower than the rest of their body. Bars are great for this. With babies progress through slow tipping movements - supporting their head.
- **Who can rotate, turn or circle...?** Body parts-arms, legs, one at a time, both at a time; whole body, upper body only, lower body only; the body in space- up high, down low, forwards, backwards, sideways; fast/slow; strong, weak, gently, tightly; in a tall/small/bunched position; while standing, kneeling, lying; like a leaf, on a windy day, in a cyclone.