



Month 8

Swinging, Spinning and Rocking

School Age

Spinning Statue Freeze

The children pair off, they grasp hands and spin around in a safe manner. It is usually best to have only one pair moving at a time. At the count of "1-2-3", they stop and assume a specific posture.

Suggested Postures

- Animals: elephant, donkey, rabbit, monkey
- Reflections: the child copies the partner's position
- Robots: The child hold's the posture. The teacher "activates the robot" by "turning on" one arm or leg at a time. The child maintains this action until every child has been activated."

Hula Hoops

You will need: 1 hula hoop per child.

Encourage children to use the hula hoop in any way they feel fit. You can show the child different tricks to try with the hoop. Try to spin the hoop around your waist, or get it spinning on the ground or even spinning on your arm. Children will enjoy playing and experimenting with their hula hoop.

Rockin' Rolls

Have the children sit on the floor, knees bent, feet on floor and hands clasped together under your knees. Bring your head toward your knees. Show your child how you rock gently onto your lower back and then forward again. Keep your body in a tucked position. Show her how not to go too far back. If you rock back onto your shoulders; it will be too difficult to rock back up. Another variation is to rock side to side.

Spin Obstacle Course

Set up a simple obstacle course, for example:

- a. run around pylons
- b. go under the rope
- c. walk like a crab/bear...

Before the children run through the course have them spin around eyes closed for 5 repetitions. Make sure each child has plenty of room and an adult or "helper" is their to assist the children spinning.

Dizzy Lizzy

You will need: 2 broomsticks.

Get all your team to complete this dizzy task!

It's a relay race which is best played outdoors, but can be done inside. Divide the players into two teams and place the broomsticks at the other end of the room or garden.

On the signal, each player takes a turn to do the following;

- Run to the stick
- Hold the broomstick upright and place your forehead on the top (so you're looking at the floor)
- Run round the broomstick, keeping your forehead on the top of stick at all times
- Every one on your team counts your circles until you have done 10
- Then run back to your team and tag the next player

Then the first team to get all their players done wins!

Swing the Statue

Each team consists of two players. On Go, each team does the following. One player takes his partner's hand and swings her round, then lets go of her hand. The swung player's momentum takes her where it will, then she must freeze in that position.

References:

SPARC: Sports and Recreation New Zealand (2008). Balance: swinging, spinning and rocking. Active Movement.

Yack, E., Sutton, S., Aquilla, P. (1998) Building Bridges through Sensory Integration. Willowdale (ON): Print 3, Syd and Ellen Lerer