



Spot turns

B

In pairs, players explore different ways of doing turns – $\frac{1}{4}$ turn (90 degrees), $\frac{1}{2}$ turn (180 degrees), full turn (360 degrees, with spotting) and other turns on the spot in a clockwise and anti-clockwise direction.



Scoring

- > Players receive one point each time they call out the correct number of fingers their partner is holding up.

Change it

- > Player B holds up coloured cards rather than fingers.
- > Have markers on the wall for players to use as a spotting aid.
- > Jump $\frac{1}{4}$, $\frac{1}{2}$ and full turns.

Safety

- > Make sure the floor covering does not inhibit players' movement for floor spins e.g. carpet can restrict movement.
- > Avoid too much spinning.

Ask the players

- > How does spotting help? What should you do as spotter?
- > What are the different ways you can do a $\frac{1}{4}$ turn?
- > How can you combine them?
- > Can you add other movements, such as arms, or travel?

LESSON LINK

Spot turns is an activity that focuses on circular eye/body alignment.

What you need

- > A smooth surface to allow spinning

What to do

- > Players form pairs, standing about 2 metres apart, facing one another.
- > Player A turns a full circle by performing 4 $\frac{1}{4}$ turns, while Player B holds up a number of fingers.
- > On each quarter turn, Player A calls out the number of fingers Player B is holding up.

- > Player A performs 4 $\frac{1}{4}$ turns while maintaining eye contact (spotting) with Player B.
 - > $\frac{1}{4}$ turn (90 degrees) to the right, looking over left shoulder
 - > $\frac{1}{4}$ turn to the right, looking over left shoulder
 - > $\frac{1}{4}$ turn to the right, change to looking over right shoulder
 - > $\frac{1}{4}$ turn to the right, now looking straight at Player B.
- > Repeat in the opposite direction (anti-clockwise).
- > Swap roles.