

I CAN

PERFORM ROTATION ACTIVITIES WITH CONTROL

PHYSICAL LITERACY NON LOCOMOTORS

SUCCESS CRITERIA

MOVEMENT IS IN A CIRCLE AROUND A FIXED POINT

AS THE RADIUS (LENGTH) OF THE CIRCLE DECREASES
THE SPEED OF THE SPIN INCREASES

SPECIFIC BODY PARTS ARE USED FOR BALANCE AND
COORDINATION

SMOOTH TRANSITION BETWEEN ROTATIONS IN A SEQUENCE



GRADES K-2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

GRADES 3-5

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

GRADES 6-7

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

I CAN

PERFORM ROTATION ACTIVITIES WITH CONTROL

PHYSICAL LITERACY NON LOCOMOTORS



LEARNING CUES

- IN TURNING/TWISTING ACTIVITIES, KEEP PART OF THE BODY STABLE – THE TWISTING ACTION HAPPENS AROUND THIS PART
- TO INCREASE THE SPEED OF A TURN, TWIST OR ROLL, PULL ARMS AND LEGS CLOSE TO THE BODY
- TO DECREASE THE SPEED OF A TURN, EXTEND ARMS AND LEGS AWAY FROM THE BODY
- USE THE HANDS TO SUPPORT OR PUSH OFF EVENLY
- TAKE CARE IN ROTATING JOINTS
AVOID TWISTING/ROTATING HINGE JOINTS

