

## ROTATION TASKS

- 1 Travel around the room turning and sliding alternately.
- 2 Step onto one foot and pivot on that foot (vertical). Repeat action on other foot (vertical).
- 3 Explore jumping and include different degrees of turning. (vertical)
- 4 Turning jumps taking off from one foot and landing on two feet.
- 5 Develop a short sequence of turning jumps moving from one to two feet.
- 6 Create a sequence which includes turning jumps and pivots.
- 7 Turning by wheeling actions on hands and feet, repeat to both sides. (lateral)
- 8 Practise a turning jump (vertical) which finishes with a wheeling turn. (lateral)
- 9 Practise a rolling turn (horizontal) which finishes in a jumping turn. (vertical)
- 10 Practise a wheeling turn which finishes in a rolling turn.
- 11 Create a sequence of three turns which include a pivotal turn, a wheeling turn and a jumping turn.
- 12 Travel to your mat, cross over it and then leave it using different turning actions.
- 13 Wheel across the corner of the mat, land and use a turning spring into the centre and rebound with a turn.
- 14 Start with weight on some part of the body (other than feet) transfer weight with a turn to arrive on the mat and another turn to cross the mat.
- 15 Explore ways of turning into and out of balances.

- 16 Explore ways of pivoting into different balances using different body parts to pivot on.
- 17 Travel, turning on hands and feet, turn into a balance and return to feet.
- 18 Develop a sequence which moves out of a balance by turning, into travelling and turning into a balance.
- 19 Find ways of balancing on small parts of the body, twist out of balances and return to feet.
- 20 Find ways of inverting balances and twisting out of them so that feet meet the floor first.
- 21 Find ways of rolling into a balance and twisting out of it.
- 22 Pivot on the mat into a balance, twist out of it onto feet and spring into a turn.
- 23 Take weight onto knees, twist body and move from that twist into a pivotal turn.

## ROTATION USING EQUIPMENT

- 1 Balance on bench, transfer weight onto hands and turn away from bench.
- 2 Move towards the bench with a turning action, balance on bench and move off bench with a twisting action.
- 3 Turn across the bench and finish with an inverted balance on the mat.
- 4 Cross the bench with a turn by putting one hand on the bench and one on the floor the far side of the bench.