

C ■ ■ ■ TURN

Some examples of turning skills

On Feet. Spin, twist, turn, swerve, dodge, turning jump, turn and travel (*hop, skip, gallop, walk, run, stride, bounce*). Turn on different **levels**, in different **directions**, and following different **pathways**. Turn at different speeds. Turn around **3 different axes**. Turn to release an implement.

On hands and feet. Cartwheel, flic-flac, arab spring, “humming bird”, handspring, front tuck, back tuck, headspring, twist, rolling turn in swimming, turning around all 3 axes in synchronised swimming and gymnastics.

Different body parts. Spin on hips, spin on front, spin on back, forward roll, sideways roll, backwards roll, feet and head, knees (*on a mat or soft surface*).

Through the air. Turning jump, twisted jump, dive forward roll, flying cartwheel, arab spring, hand spring, aerial. $\frac{1}{4}$ turn, $\frac{1}{2}$ turn, $\frac{3}{4}$ turn, full turn when jumping. On the floor or into a swimming pool. Somersault, front or back dive, high jump, pole vault in athletics.

Turning with equipment. Carrying a ball, dribbling a ball, twisting/turning with a racquet/stick, turning with a ribbon, spinning with clubs, turning and spinning with a hoop, turning using a skipping rope, with a discus, with a hammer, twisting with a shot ~ turning and spinning with props in dance. Turning and spinning to send implements as in athletics.

Turning over equipment. Turning jumps from trampettes and springboards, trampolines, over high jump bars, over vaulting boxes, tables and benches. Turn to **dismount**, roll to pass **under**. Turning jumps or dives from a diving springboard.

Turning with a partner. Side-by-side, Follow My Leader, back-to-back, face-to-face, meet and part, link hands/elbows and spin together. Matching/mirroring/contrasting, turn in canon/synchronisation; turn **over** a partner, turn **around/under** a partner, assisted roll in the air with a group. With a partner or group in synchronised swimming or pairs diving.

In competition. Turning, twisting and swerving to outwit or dodge opponents; use effective turn/twist/torque to reach maximum level of performance; turning effectively and safely to release an implement at correct moment and accurate replication of a turning action; turning and twisting to work tactically within a team. Overcoming challenges of technique; using turning to explore and communicate ideas.