

Games

- **On feet**
turn
spin
dodge
swerve
twist
- **On different levels and pathways** at different speeds and in different **directions**.
- In different game contexts to outwit opponents.
- **Turn or twist to send/ receive/ intercept/ keep goal/ wicket keep.**
- Turn/twist/dodge/swerve to evade an opponent **as an individual**.
- Turn to **shield or defend** the ball.
- **Turn and move as a team** to create an attacking or defending formation.

Gymnastics

- Turn around all 3 axes.
- **On feet**
turn, spin
dodge, swerve
twist
- Different **levels/ directions/ pathways/ speeds**.
- **On hands and feet/** turning
"bunny hops/ cartwheels/
handsprings/round-offs.
- **On different body parts**
– rolls – forwards/backwards/
sideways.
- **Turn through the air** – dive
roll, vaulting, front and back
tucks, jumps, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$,
full turns.
- **As part of a sequence of movement/skills** requiring technique and accurate replication.
- **With a partner** in different relationships.
- **With a group** in different relationship.
- **Twist and turn onto/from/over/ under apparatus.**
- Twist, turn and spin **whilst using/sending/receiving** clubs, ribbon, ball, skipping rope in rhythmic gymnastics.
- Turning in **trampoline** routines.
- **Assisted turning/tucks** in groups.

Dance

- Turn around on all 3 axes
- **On feet:** spin turn, twist, swerve, dodge, turning jump, turn and travel (*hop skip gallop, walk, run, stride, bounce*).
- Turning on different **levels/** in different **directions/** following different **pathways**. Turning at different **speeds**.
- **On hands and feet.**
- **On different body parts** hips/front/back/side/ knees.
- **Through the air** – turning jump, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ full turn and twisted jump.
- **With props** and to **send and receive**.
- **With a partner** – different relationships with a partner; FML, side by side, back to back, front to front; matching/ mirroring/ meet and part/ link and spin/ over or under a partner/ canon/ synchronisation.
- **With a group** – in a dance
- **In performance** – overcoming challenges of technique and using turning to explore and communicate ideas.

TURN

Athletics

- **On feet** – Spinning as part of a **pattern of movement** to propel a discus, shot or hammer through the air.
- **Through the air** - Turn to propel the body over a bar and land on **different body parts** (*high jump/pole vault*).
- **Developed technique and accurate replication** is necessary e.g. pole vault.
- **Individually** – personal best or in competition with others
- **As a team** where the highest combined score is the aim.

Outdoor & Adventurous

- **On feet** - Turning, swerving, dodging as appropriate in different tasks/ expeditions/ adventure situations.
- Turning or twisting to **negotiate obstacles**.
- As appropriate in different tasks/ expeditions/ adventure situations.
- **Individually or in a team** to identify and solve problems and overcome challenges safely and efficiently.
- **With equipment** in a group to solve problems.

Swimming

- **Through the water** - Rolling turn for speed in changing direction.
- **Through the air** - Turn with front, back or twisting dive, tuck dive – forwards/ backwards.
- Turning jumps or dives from a **springboard**.
- **With a partner or group** in synchronised swimming pairs diving or aqua aerobics.
- **Technique and accurate replication** is necessary.
- **Individually** – personal best or in competition with others.
- **As a team** where the highest combined score is the aim.
- Twisting or tuning to **receive/send/intercept** a ball in water polo.

Fitness & Health

- **On feet** – in judo and skateboarding.
- **On different body parts**.
- **Bouncing and turning** as in aerobics.
- **Turning in step patterns**.
- **With a partner** in different relationships in routines.
- As an integral part of exercising safely.
- **As a pair or group** working socially together for feelings of well-being or health.

Skills are further developed into specific techniques unique to the game or activity.