

Lesson 6 of 6

Vertical Rotations

EQUIPMENT

obstacle free activity area » six rows of accordion mats

RELATED RESOURCES

Ready-to-Use P.E. Activities for Grades K-2 & Grades 3-4, J. Landy & M. Landy, 1992, www.amazon.ca
Physical Education Online website, www.education.alberta.ca/physicaleducationonline

ABCD's of Physical Education



Activity

Basic Skills	
Application of Basic Skills	A(1-3)-12

Clues that students are achieving the outcome...

“Students will select and perform the basic skills in educational gymnastics; e.g., use of different body parts, types of effort, space and relationships, to develop a sequence.”
Physical Education Program of Studies, Alberta Learning, 2000.

- Students can perform a variety of vertical rotations
- Students can perform vertical rotations at different speeds, alone and with a partner
- Students can create a sequence including at least 5 vertical rotations

Warm It Up

EVERYBODY'S IT TAG

Everybody is “it”. Everybody is trying to tag everyone else. When tagged, students kneel down on one knee until another student touches them on the shoulder (this can be any student other than the one who tagged them), and they stand up and are back in the game! Students who tag each other at the same time both kneel down. The game continues until the teacher calls out a stop signal.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see “Safety Guidelines for Physical Activity in Alberta Schools”, Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Whoop It Up

VERTICAL ROTATIONS

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Instruct students to sit down in six groups, each behind a row of mats. Explain to students that the body can rotate around three different axis; **lateral** - axis goes in one side of the body and out the other (e.g., forward roll), **medial** - axis goes through the bellybutton and out your back (e.g., cartwheel), and **vertical** - axis goes through your head to your feet (twist turns). Explain that today students will practice vertical rotations and link them together to form a sequence.

Demonstrate or have a student demonstrate a **pencil roll** » lay on stomach with arms extended straight over head like the tip of a pencil and roll down the mat stomach to back. Instruct students to stop rolling if they get dizzy and to return to the start line, walking beside the mats. When a student is half way down the mat, the next student in line begins to roll. Introduce more vertical rotations as students progress; e.g., **log roll** » roll from stomach to back with arms bent across chest; **commando roll** » very fast stomach to back roll using hands to push; **turtle roll** » roll from hands and knees to back and then back up to hands and knees; **partner roll** » lay on stomach head to head with a partner, join hands above heads and roll down the mat. Challenge students to create a sequence alone or with a partner that includes at least three vertical rotations; e.g., jump from standing position and complete a 360 degree turn in the air, one commando roll, one turtle roll. End the sequence with a balance.

CONVEYOR BELT COOPERATIVE ACTIVITY: Instruct each group of students to lie on their stomachs, side by side on their mat. Challenge each group to roll to the end of the mat staying close together and not allowing gaps to form. As groups work to create a conveyor belt, discuss strategies for success. Challenge groups to move an object along their conveyor belt; e.g., an individual gym mat, gym mat with beanbags or balls balanced on top, or another student lying perpendicular to the group with a rigid body and arms extended in front. Groups will try to roll to the end of the mats delivering their package without allowing it to drop. Increase the level of difficulty by creating larger groups to include more people in a conveyor belt line.



Safety First!

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Activity

Wrap It Up

Gather in a corner of the activity area and review with students the different types of rotations that can be done around the vertical axis. Ask students to identify other activities that may require vertical rotations.