



Australian Government
Australian Sports Commission



Circle fun

A

Players explore different circular movements with different body parts in different directions.

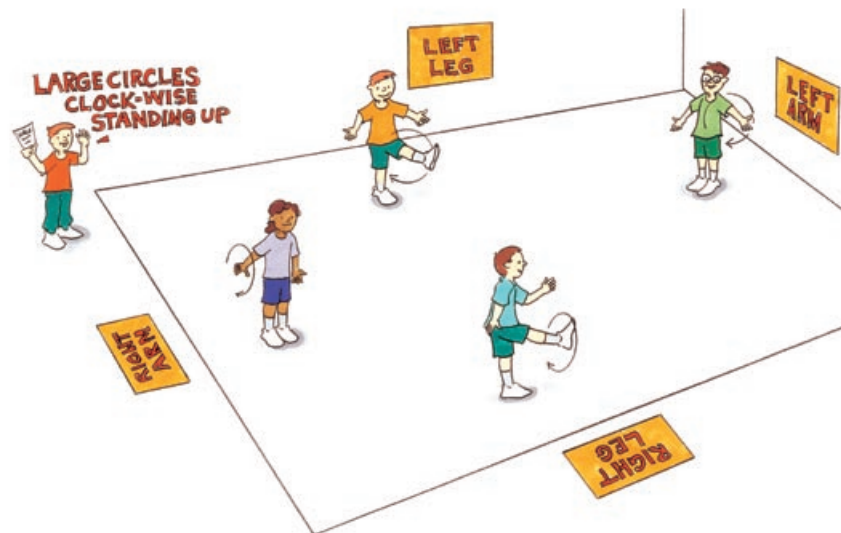
What you need

- > 4 x individual posters with the following written on them: left leg, right leg, left arm, right arm
- > Wall space or other space to display the posters
- > Cards with the following words written on them:
 - large circles clockwise standing up,
 - large circles anti-clockwise standing up,
 - small circles clockwise standing up,
 - small circles anti-clockwise standing up,
 - large circles clockwise sitting down,
 - large circles anti-clockwise sitting down,
 - small circles clockwise sitting down,
 - small circles anti-clockwise sitting down
- > Music and music player

What to do

- > When the music starts, players move freely around the room.
- > When the music stops, players move to a poster of their choice.
- > Randomly select a card from your deck and call out the action.

- > Players perform the nominated action for 10 seconds using the body part on the poster.
- > After 10 seconds, the music starts and players continue to move freely around the room.
- > Players must choose a different poster to go to each time the music stops.



Change it

- > Make sure players have time to determine the correct direction of movement and avoid going too quickly.
- > Encourage players to alternate from right-side movements to left-side movements so that the body is used evenly rather than on the dominant side only.
- > Vary the type of music to keep the activity engaging for players.
- > Vary the locomotion e.g. hop, skip, animal walks, free choice.

Safety

- > Check there is enough space for all players to perform the selected skills/activities.

LESSON LINK:

Circle fun is an activity that practises specific directions in circular movements and raises awareness of body parts.

SESSION PLANS

Combos > Start Out MV 11B + Start Out MV 11A + Get Into It MV 16B