**Circle fun**

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.

**TEACHING TIPS**

- Remind students how to maintain body control when balancing e.g. spread their feet shoulder width apart or spread their arms out wide if they are standing on one leg.

**LEARNING INTENTION:**

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