In pairs, players explore different ways of doing turns – ¼ turn (90 degrees), ½ turn (180 degrees), full turn (360 degrees, with spotting) and other turns on the spot in a clockwise and anti-clockwise direction.

**What you need**
- A smooth surface to allow spinning

**What to do**
- Players form pairs, standing about 2 metres apart, facing one another.
- Player A turns a full circle by performing 4 ¼ turns, while Player B holds up a number of fingers.
- On each quarter turn, Player A calls out the number of fingers Player B is holding up.
- Player A performs 4 ¼ turns while maintaining eye contact (spotting) with Player B.
- ¼ turn (90 degrees) to the right, looking over left shoulder
- ¼ turn to the right, looking over left shoulder
- ¼ turn to the right, change to looking over right shoulder
- ¼ turn to the right, now looking straight at Player B.
- Repeat in the opposite direction (anti-clockwise).
- Swap roles.

**Scoring**
- Players receive one point each time they call out the correct number of fingers their partner is holding up.

**Change it**
- Player B holds up coloured cards rather than fingers.
- Have markers on the wall for players to use as a spotting aid.
- Jump ¼, ½ and full turns.

**Safety**
- Make sure the floor covering does not inhibit players’ movement for floor spins e.g. carpet can restrict movement.
- Avoid too much spinning.

**ASK THE PLAYERS**
- How does spotting help? What should you do as spotter?
- What are the different ways you can do a ¼ turn?
- How can you combine them?
- Can you add other movements, such as arms, or travel?

**LEARNING INTENTION:**
Spot turns is an activity that focuses on dynamic balance and locomotor skills to perform simple movement sequences such as jumping, hopping and twisting.