

19. Twizzle #2

Description

Arrange pupils on their own spot marker in a large circle. Use chalk or tape to draw the direction of travel (clockwise). Invite the pupils to listen carefully to the commands and to be quick with their responses. Invite pupils to turn to their left so the pupils are all moving clockwise. The commands may include:

- **Go** – run slowly in the direction you are facing around the spot markers
- **Stop** – Jump onto the next spot and freeze
- **Shape** – Jump up into the air, make a shape and land on the spot
- **Butterfly** – Jump onto the spot but land as quietly as a butterfly
- **Turn** - do a half turn (180 degrees) and freeze.
- **Twizzle** - do a full jump (360 degrees) and freeze.

Practice the commands to allow the pupils become familiar with them, before starting the activity.

Equipment

- Spot Markers
- Chalk/Tape

Variations

- Challenge pupils by changing the method of travel to side step, hop, jump, etc. Introduce a balance command where pupils are invited to perform the T-balance on the spot.
- Create multiple playing circles based on ability levels with the class.
- Invite pupils to identify new commands.

