Turning is a rotational movement around the body’s axis. The body can turn around on the spot (e.g. in dancing, around obstacles) or while it is in motion and in mid-air (e.g. gymnastics). Maintaining stability while the body is in mid-air is generally more challenging than turning on the spot.

Many daily activities, games and sports involve turning around the body axis. Turning is easier when the base of support is small and narrow, and more difficult when the base of support is wide.
Variations
“Can your child turn...?”

**COMBINATIONS**
- Like a towel in a machine wash cycle by linking/crossing two or three body parts together without ‘falling out of the machine’ (hoop)
- Twist his body slowly on the spot and freeze when he hears the drumbeat
Activity 4
Turning

STABILITY SKILLS

WHAT YOU NEED
• Ribbons, or strips of papers, attached to one end of a stick (pom-pom stick)

HOW TO PLAY
• Have your child swing a pom-pom stick side-to-side (like a windshield wiper).
• Get him to swing in different ways.
  Ways to swing
  - Forward and backward
  - Left and right, over his head (like a rainbow)
  - In a circular pattern, in front of his body (like a propeller)
  - In a circular pattern, to one side of his body (like a spinning wheel)
  - Swish on the floor (like a snake)
• Challenge your child to make spirals by turning his whole body around while holding the pom-pom stick.

• Get your child to use the pom-pom stick and trace numbers or alphabets for you to guess.