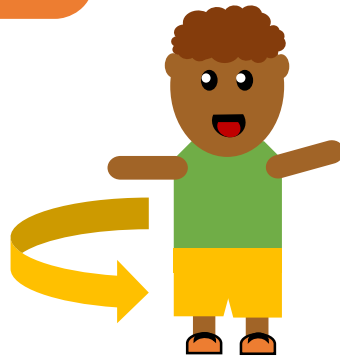
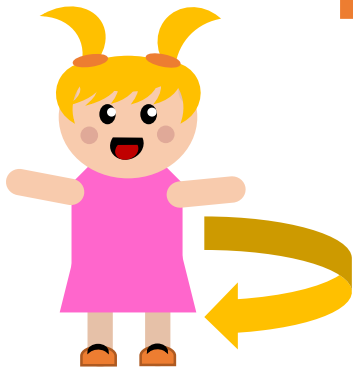
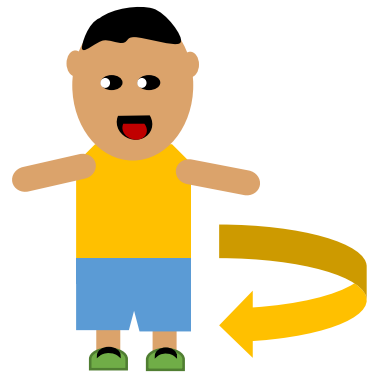
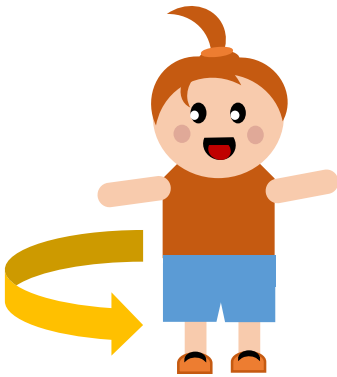


MOTOR CHALLENGING PHYSICAL ACTIVITY



HELICOPTER SPIN



HELICOPTER SPIN

Objective

In Helicopter Spin, the children get to challenge their senses of equilibrium and balance through different ways of spinning.

Equipment

No equipment required.

Instructions

1. Place the children with suitable distance from each other. The children will now pretend to be different types of helicopters and do helicopter spins. To spin like a helicopter, one stretches the arms straight out from the body and spins quickly.
2. As the children have tried to spin a little, one can be other types of helicopter:
 - Night helicopter: close the eyes while spinning
 - Baby helicopter: sit on the buttocks, stretch your legs up in the air and spin around using your hands
 - Grandma helicopter: spin around at a leisurely pace
 - Ballerina helicopter: stand on tiptoe with your arms over your head and spin around
 - Rescue helicopter: spin around quickly

Variation

- Feel free to invent new types of helicopters together with the children.
- You can use a dice and spin as many rounds as the eyes on the dice show.
- Feel free to use music. When the music stops, the children must e.g., be «ballerina helicopter».