



Turtle Turnaround

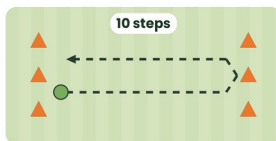
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Active Flashcards

Turtles turn carefully and never lose their shell.

Set-Up

Make 2 lines of 3 cones, 10 big steps apart. Tap Turtle from one line to the other.



How to Play

1



At the line, turn Turtle round with the big-toe side of your foot.

2



Tap her back. Turn with the little-toe side of your foot.

3



Stop Turtle with the bottom of your foot, step past her, turn and go back.

Coach's tip

Slow down before you turn, then speed up after.

Level up

Do each turn 3 times. Then make up a turn of your own!

You need: Ball, 6 cones





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Coach's Notes: for grown-ups

What to look for

- Do they slow down before they turn?
- Do they bend their knees as they turn?
- Do they speed up away after the turn?

Turning

Bend knees

Speed away

Make it easier or harder

	Easier	Harder
Space	Put the lines 6 steps apart.	Add a cone halfway and turn there too.
Task	Use just one kind of turn.	Make up a new turn of their own.
Equipment	Use a softer, lighter ball.	Use a smaller ball (size 1 or 2).
Speed	Walk between the lines.	Run away fast after every turn.

Inclusion ideas

- Players can turn the ball with their hands, or turn a wheelchair with the ball on their lap.
- Use a rope or bright marker so the line is easy to see.

Safety

Keep clear space beyond each line of cones.

