

Spinning Bodybuilders

A team of children stand on the whirl or other spinning apparatus. On command, a second team pushes the apparatus to get it spinning, then watches what develops. As the whirl or spinning apparatus spins, children establish a firm base of support with their legs, then perform a series of bodybuilder poses of their choice. They continue posing until the whirl or spinning apparatus stops. They then jump off and “hand off their pose” to another child, who jumps on. (The hand off can be a high five, a handshake or another creative means of tagging.) The first team now pushes the whirl or spinning apparatus for the second team as team members imitate, as best they can, the poses of the children who tagged them.

PLAY ELEMENTS: Spinning, balancing

NATIONAL STANDARDS: #1, #2, #3, #4, #5

BENEFITS

- Cultivates awareness of and respect for the diverse characteristics of others.
- Improves body control, kinesthetic awareness and ability to perform in public.
- Improves balance and core stability.

TEACHING TIP

- Instruct children to hold on with one or two hands, as needed.

SAFETY TIPS

- Space children apart from one another.
- Ensure that children who are watching this activity stand a safe distance away.
- Limit the speed of the spin.
- Ensure that the whirl has come to a complete stop before giving the “jump off” cue.
- Ensure that there is adequate playground safety surfacing under and around this equipment.

VARIATIONS

- **Easier:** Children hold on with two hands at all times.
- **More Challenging:** Children all face a certain direction, as if having their picture taken, despite the spinning of the wheel.
- **Adaptation:** Have the child perform a bodybuilder pose off the equipment or from a sitting position on the equipment.

DID YOU KNOW?

Mr. Olympia is the title given to the best body builder in the world.

