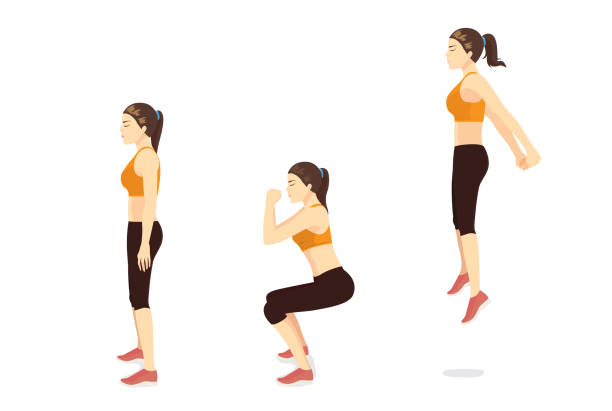
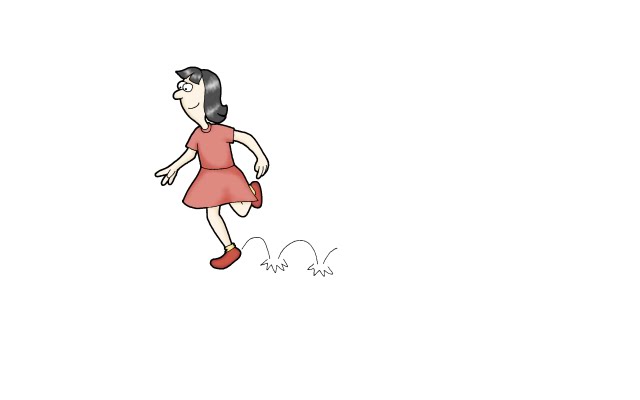
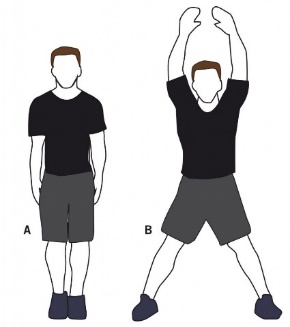
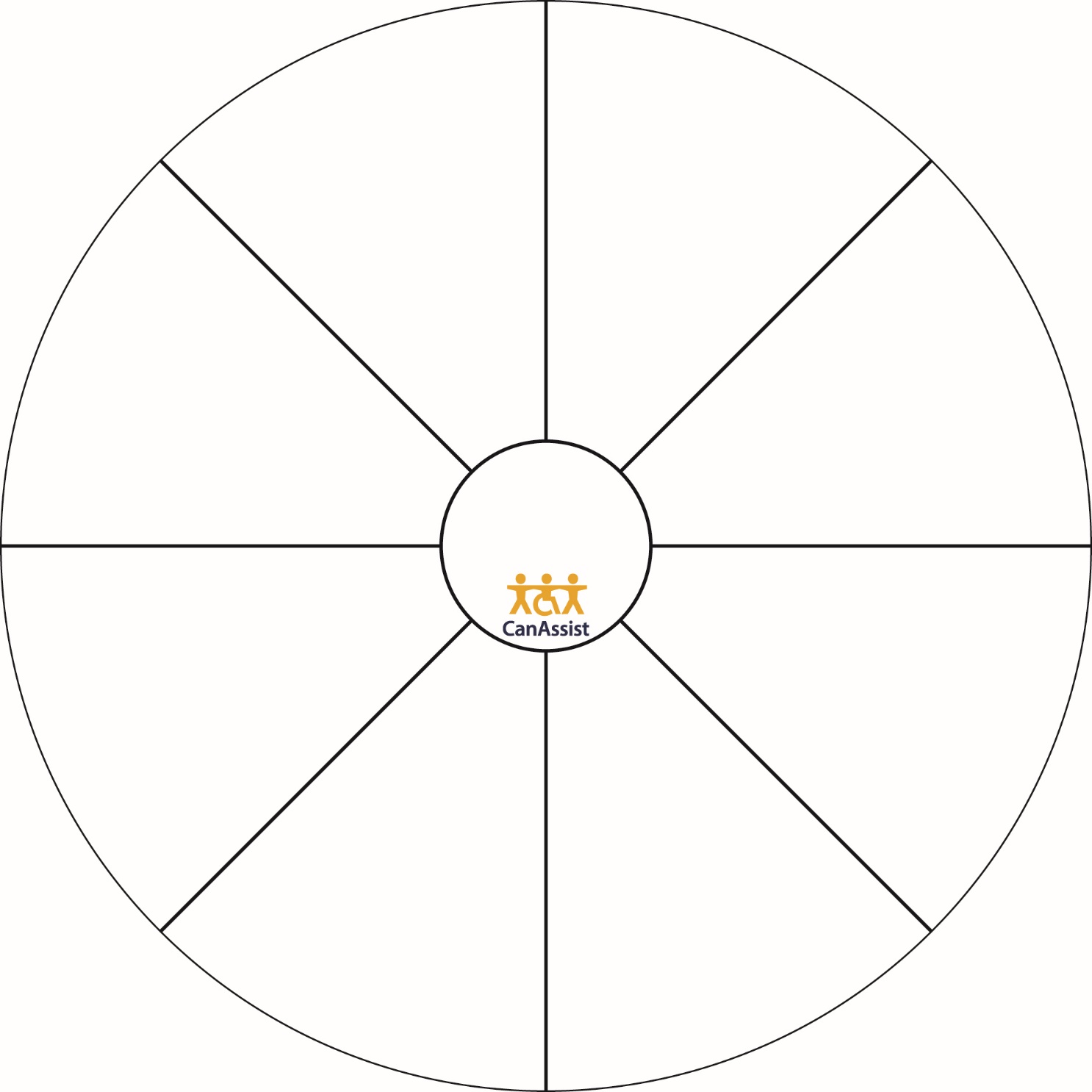
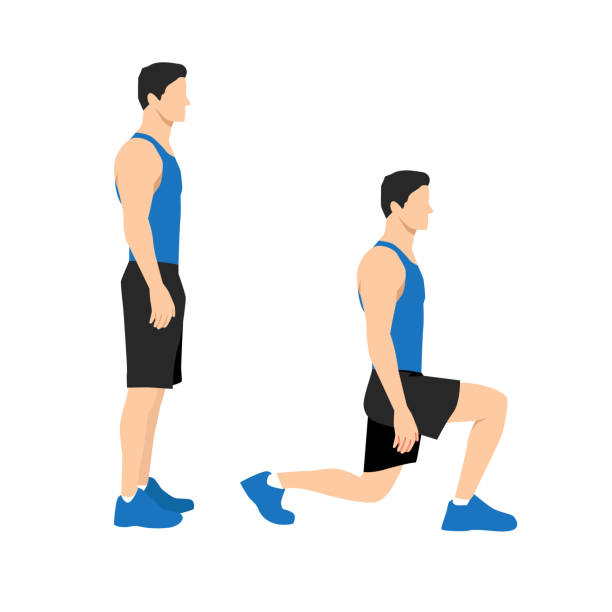
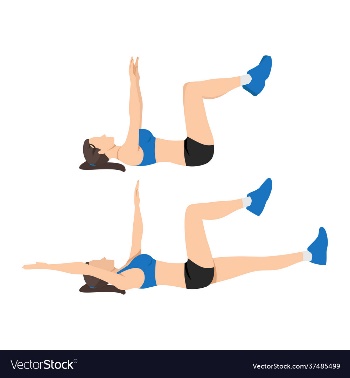
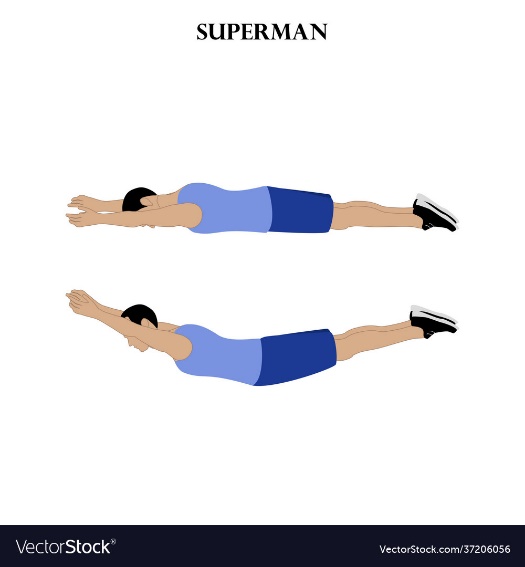
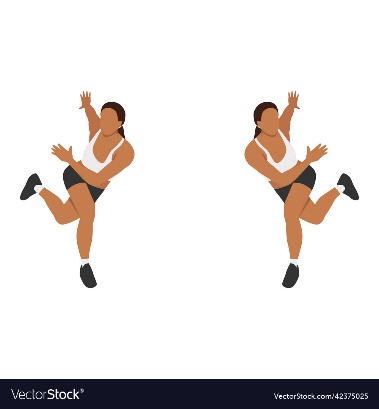
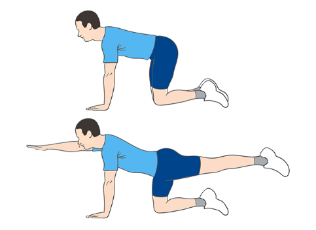
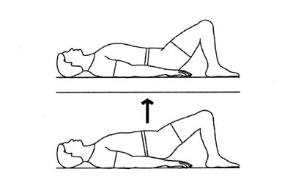
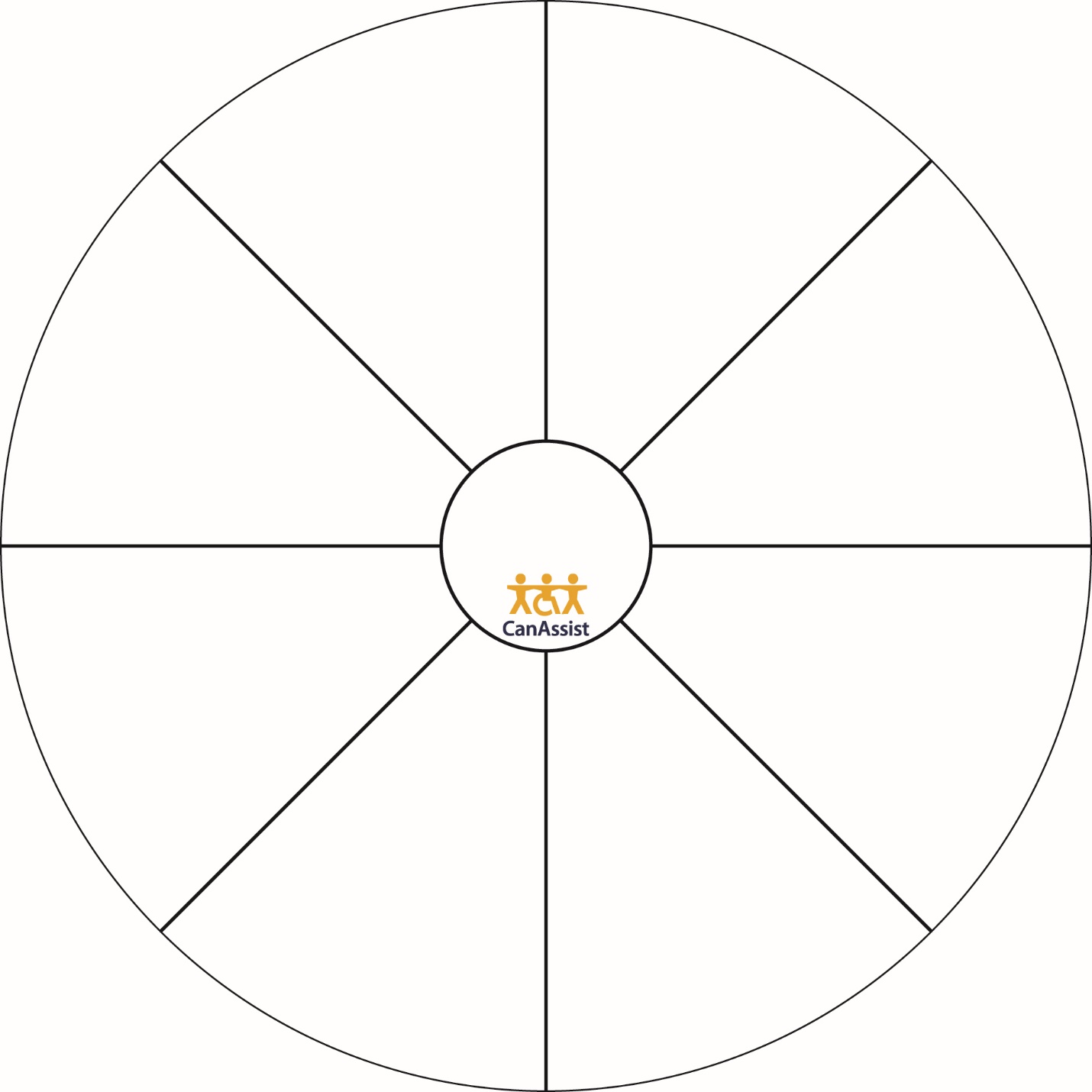
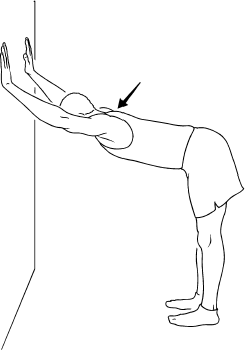
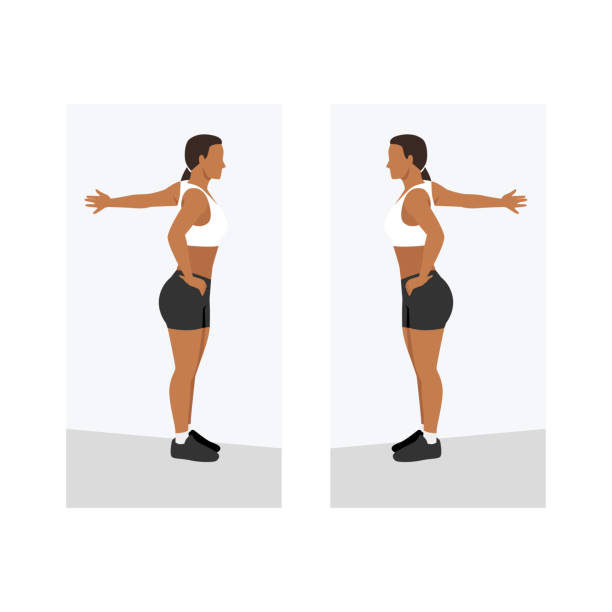
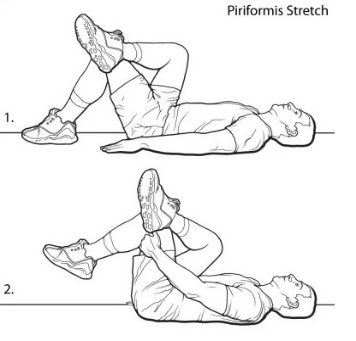
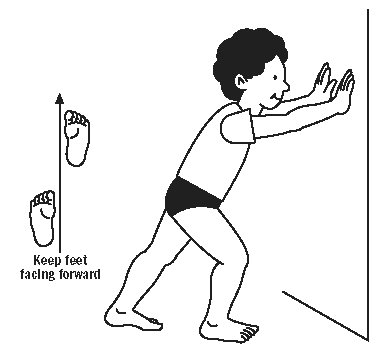
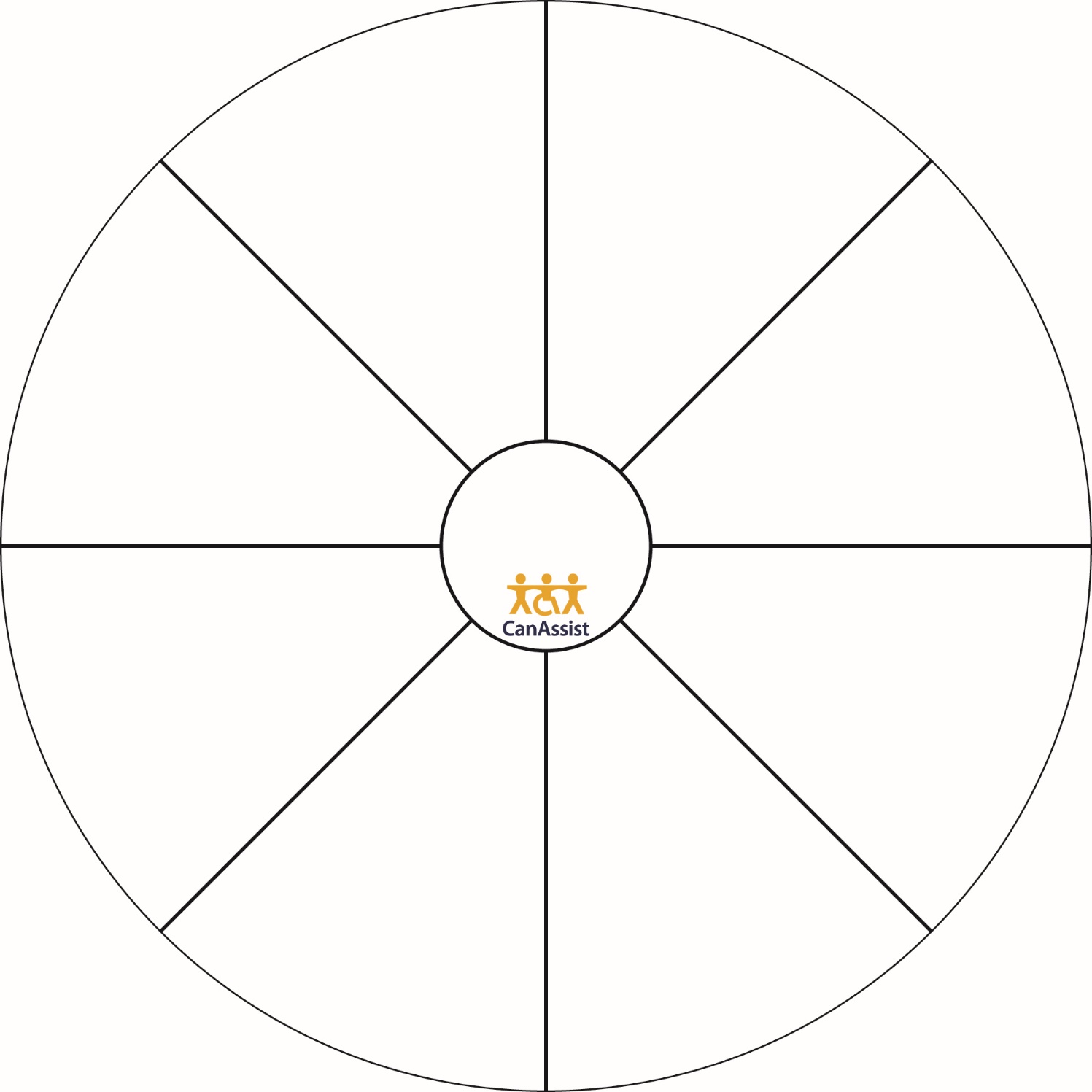
Visuals for gym spinner – Dynamic Warm Up / Locomotor Skills and Dynamic Balance

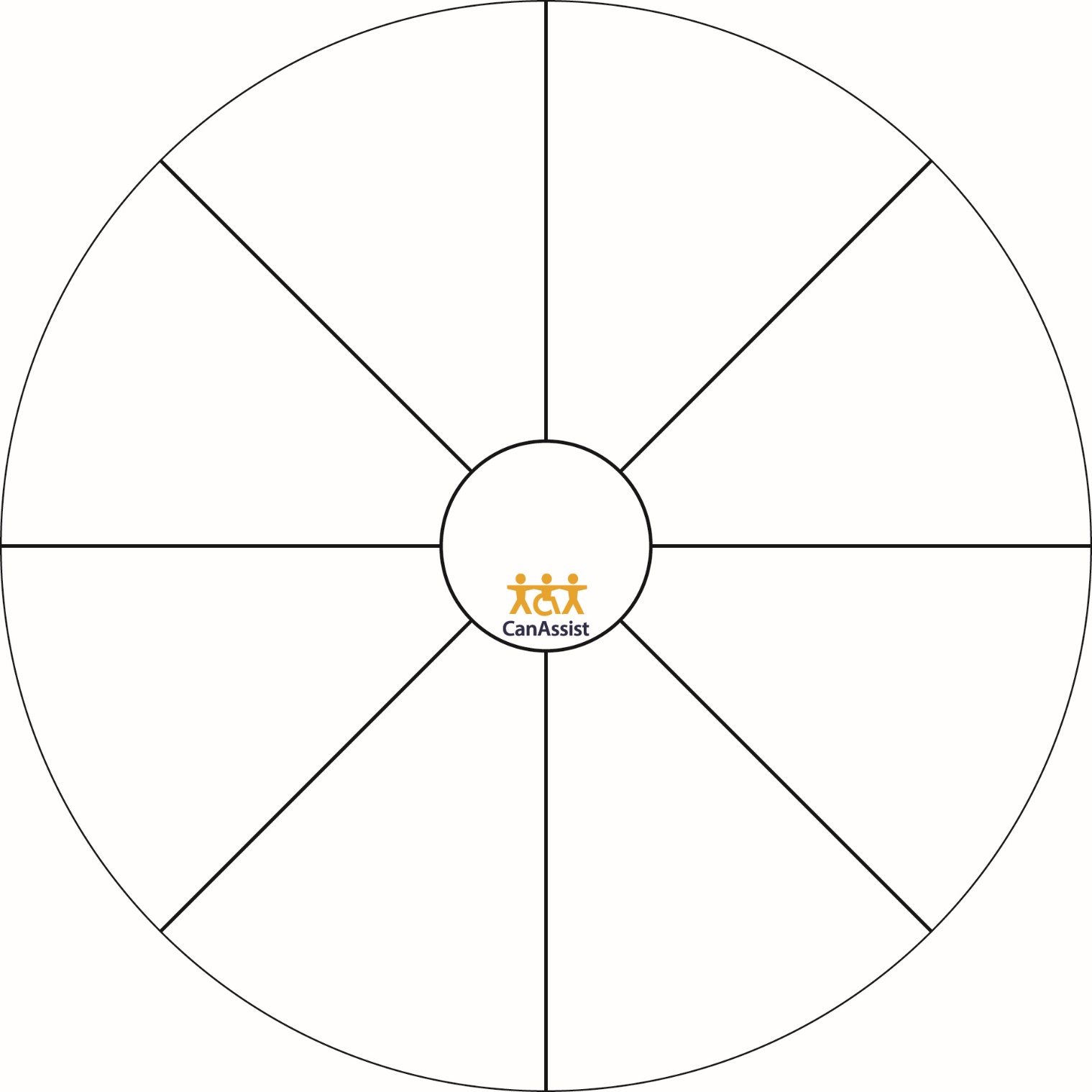
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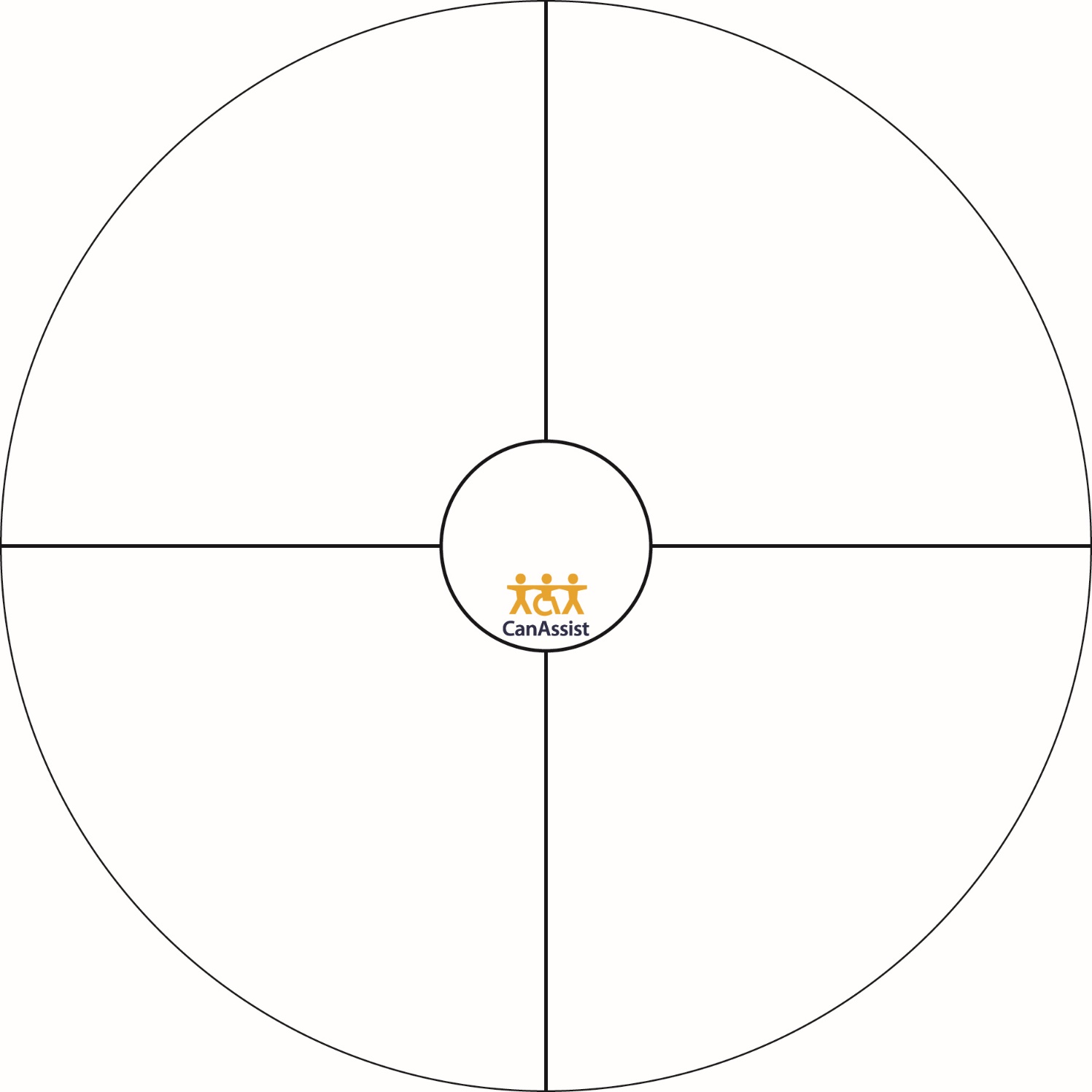
Visuals For gym spinner – Strength and Fitness Exercises

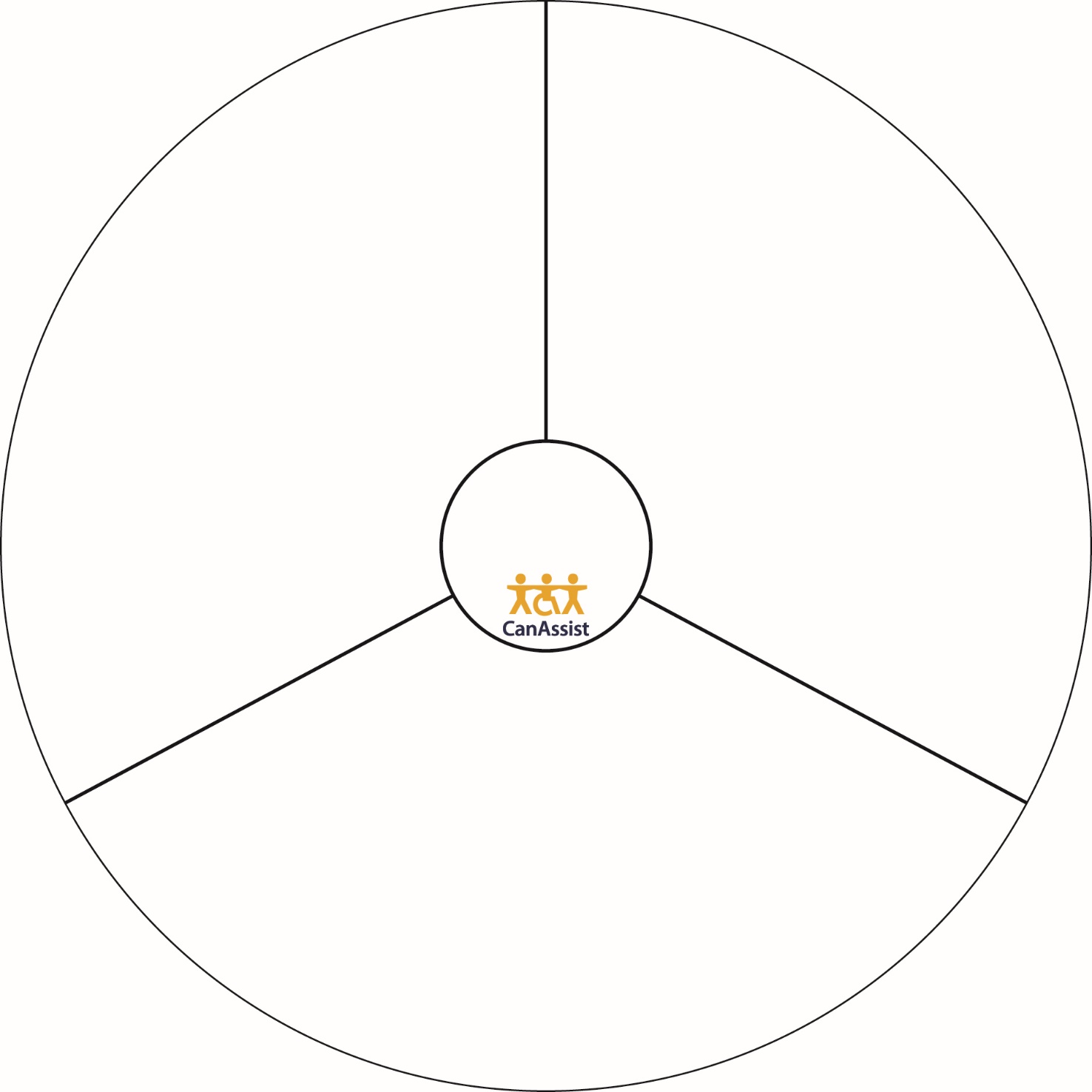
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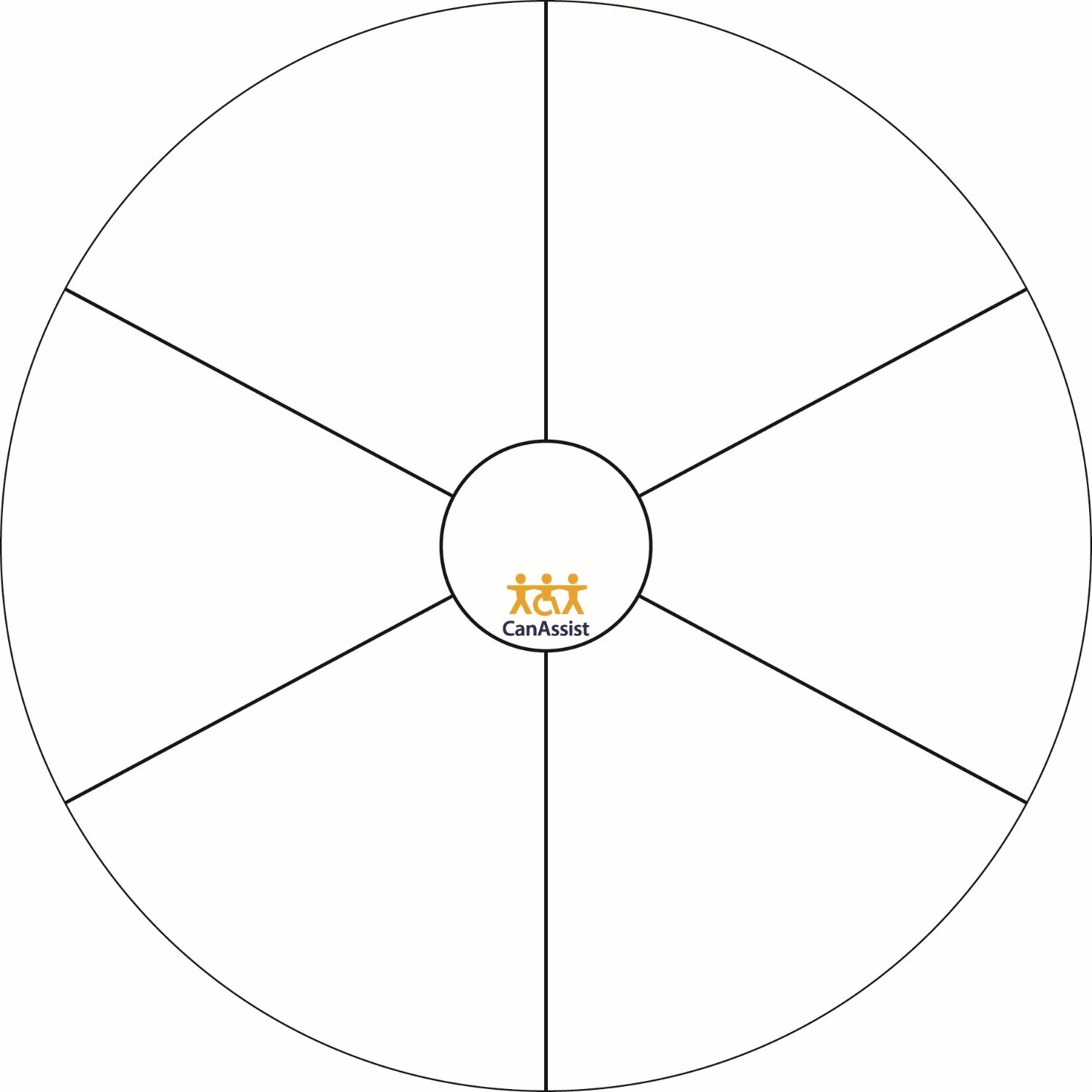
Visuals for gym spinner – stretches

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**Ideas for using the spinner in PE class**

* Exercise choice
  + Which exercise the class does
  + Which type of tag or game to play for warm up
* The number of repetitions of an exercise
* Length of time to stay at a station
* The number of students in each group
* The groups the students get divided into
* Which group goes next
  + Which team has to run
  + Which team gets to serve
  + Which team has the advantage/disadvantage
* The equipment a group needs to retrieve or put away
* Choosing a partner
* Colour of pinnies, hoops, balls, etc