

Level: Year 4 and year 8

Approach: Open space

Resources: 2 poi with 33cm strings.

Instructions

Hold one poi in your preferred hand — keep it in that hand.

1. Swing at one side of your body.
Count 10 swings.
2. Swing at your other side.
Count 10 swings.
3. Swing in front of your body.
Count 10 swings.
4. Swing above your head.
Count 10 swings.



Steps 1–4 global rating:

	% responses	
	y4	y8
excellent	2	6
very good	28	45
good	59	41
fair	11	8
poor	0	0

Hold a poi in each hand.

5. Swing at the sides of your body.
Count 10 swings.
6. Cross your arms and swing at the sides of your body.
Count 10 swings.
7. Swing in front of your body.
Count 10 swings.
8. Swing above your head.
Count 10 swings.

Steps 5–8
global rating:

	% responses	
	y4	y8
excellent	0	2
very good	7	22
good	35	47
fair	45	26
poor	13	3

9. Your choice.

Show what you can do with poi.

not reported here

Commentary

On average, about 20 percent more year 8 than year 4 students received ratings of “very good” or “excellent”.