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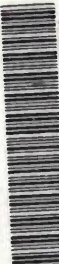
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WITHDRAWN

School Room Gymnastic Lessons

GRADES II-VIII

Story Plays and Rhythm Exercises

FOR GRADE I

BY
ELIZABETH HALSEY, PH. D.

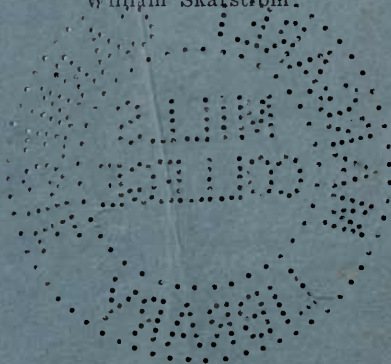
AND

WILLIAM SKARSTROM, M. D.

DEPARTMENT OF HYGIENE

WELLESLEY COLLEGE

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GENERAL DIRECTIONS FOR TEACHING

Presentation of Exercises

This must be clear and adequate, but as brief as possible. The "cue" method is the simplest and briefest. In this method the class remains at "attention" thruout. The teacher does the exercise correctly and vigorously once or twice while naming it, i. e.,: while giving the preparatory descriptive part of the command. During the pause and when giving the final signal, he holds the fundamental position strongly, being careful to avoid responding to his final command (unless he is starting a rhythmic movement). This cue method can be used for all simple or familiar exercises.

The demonstration method is a performance of the exercise by the teacher (with explanation and descriptive coaching), while the class is "at ease," making it necessary to call the class to attention before starting the exercise. This method is used for more difficult exercises when first presented. In the lessons the words "demonstrate, later use cue method" mean that when the lesson is given the second or third time the cue will suffice.

For very simple or very familiar exercises the verbal description of the preparatory command is sufficient, neither cue nor demonstration being necessary.

In the imitation method the teacher does the exercise either without or in response to the final command, and the pupils follow as soon as they can until, by the second or third round, the rhythm and unison have been established. This method is to be used only for the indefinite movements in story plays, and for some mimetic exercises, chiefly in the lower grades.

Starting and Stopping Exercises

Exercises are started, except when the imitation method is used, by signals usually called commands. These consist of three parts: 1) preparatory; 2) pause; 3) final. The first part is usually descriptive, and is spoken clearly, at moderate pitch, usually with falling inflection. The pause should be of considerable length, to insure unison and speed in the response. The final signal is given in a way to indicate the character of the movement: sharply and explosively if the movement is to be quick; or slowly, with a suggestion of effort, if the movement is to be slow and restrained. The former will usually have a rising, the latter a falling, inflection. The tone of the signals should be varied, and at all times as interesting and inspiring as possible. When starting a rhythmic movement the teacher responds to his signal "—begin!" and does the exercise vigorously for one or two rounds while at the same time "marking time" for at least the first round.

When stopping a rhythmic movement the signals are "stop!", "and stop!", or "class halt!" The last is used to stop marching and free standing gymnastic exercises of a non-definite character in which no positions are held, such as alternate knee-upward bendings and toe-jumps. The movement stops on the second count after "halt!" "Stop!" should be given as the class arrives at an intermediate or final position, and implies immediate cessation of movement. It is used for exercises in which positions are held and recoil is reduced to a minimum.

All movements are begun to the left, except such mimetic exercises as are distinctly "righthanded" in performance. These should be done several times on the right side, then about an equal number of times on the left. In halting a class from toe jumps (e. g., jumping on toes with foot placing sideways, etc.), it may be well in the upper grades (7th, 8th, and possibly 6th), to have the class halt on the toes, holding the toe-standing position until the signal "heels—sink!" is given.

Conducting Exercises

During the exercise the teacher watches the class carefully and tries to get more vigorous and finished execution by every means in his power. In rhythmic exercises much can be done, aside from direct coaching methods, by marking time in a brisk, stimulating manner, or by doing the exercise with the class a round or two whenever slackness threatens. The exercise should be repeated until the class feels (and shows) some physiological reaction, but not beyond the point where fatigue makes for poor execution. The rhythm should vary with the character of the exercise. When "slow rhythm, quick movements" is specified, the class holds each new position a few seconds and then moves at top speed to the next. Holding the positions makes the rhythm slow, and favors speed and precision of movement. Uneven rhythms must be kept so thruout, however difficult it may be. The use of double counts or music with these two types of rhythms lessens the effectiveness of the movement.

Rhythmic side bendings and twistings are always done alternately to the left and right in two counts, unless all the way in one count is specified

Formations in Marching, Running, etc.

1) Marching in a circle. All rows face front. The first row on the left leads around the room counter-clockwise, the others follow in turn. In the upper grades the circle may be formed more quickly as shown in diagram 2. Rows 1, 2, and 3, (counting from the left), face front; the others face rear. Rows 3 and 4 lead out at the same time; rows 2 and 1 follow 3 and 5, and 6 follow 4. On the playground or gymnasium the leader follows a circular line of march.

2) Two rows around one row of desks—diagram 2. Used chiefly in story-plays.

3) Zig-zag—diagram 3. Every other faces the rear. All start marching at once. The first row comes forward, across the front of the room, up the (inside or outside) aisle of the last row, then down and up the other aisles until back to place. The other rows start up and down the aisles, across the front of the room, and back into the aisles. The first row must go up the inside aisle of the last row if there are an even number of rows (as in the diagram), and up the outside aisle if there are an odd number of rows. This zig-zag formation is slightly complicated, but it is so much the most efficient use of limited schoolroom space that it is given in the early lessons of the First Grade, in the Story Plays, and should be used as much as possible thruout.

Progression in Facings

The class faces the front of the room (column formation) in almost all exercises, but at times faces the side of the room (line formation), and at other times faces obliquely. The line formation is used in all exercises where it is advantageous for the teacher to see the class from the side, e. g.: forward and forward-downward bending, backward moving of head, etc. It is also used in the schoolroom when the pupils need room for foot placing sideways, side-steps, etc. In the schoolroom the oblique formation is advisable when the arms are in the side-horizontal position. The necessary changes from column to line formation are not always indicated in the lessons, and so the teacher will have to consider them in preparing the lesson.

In the first two grades and the greater part of the third the facings are informal. When they are taught formally, they are given in this progression.

1) Two movements, each done in response to a different command: "Left—face!" (turn sharply 90° to the left, pivoting on the left heel and right toe) "Two!" (bring the right foot to the left quickly). There is an interval of several seconds between the two commands.

2) The same movements done in rhythm in response to one command: "Left—face!" (Slow rhythm, quick movements).

3) One movement done in response to the same command. In progressing from 2) to 3), increase the rhythm in two or three repetitions, and then try both movements, simultaneously.

In the first lessons of each year the progression should be reviewed, and whenever the one-count or the two-count rhythmic facing is poorly done, it will be well to go back to the first form.

GRADE I.

Physical Education in the first grade is of primary importance. It is one of the most effective factors in making for continuity of experience in the child's first two years of school life—the Kindergarten and the first grade. Too often the freedom of movement, the rhythmic ability, and dramatic expression trained so carefully in the Kindergarten, are lost in the first grade, because there is inadequate time allowance, space, music and special teaching training to carry out a satisfactory program of physical education. Moreover, the abrupt change to desk life, the premium on quiet, the repression of natural movements, and the emphasis on difficult accessory coordination too often result in habitual fidgeting or automatisms, in extreme cases, chorea. Frequently opportunities for moving about as freely as possible in the school room go a long way toward relieving the situation. There should be short "relief" periods of two or three minutes after every half hour of work.

The aims of the program in the First Grade, stated definitely, are:

1. To develop the sense of rhythm, which is essential not only to motor efficiency, but to the understanding and appreciation of the child's environment.
2. To provide opportunity for the elemental training of the fundamental neuromuscular centers controlling such general activities as walking, running, skipping, throwing, and the like.
3. To secure the beneficial physiological effects of exercise, such as increased activity of respiratory, circulatory, and digestive organs.
4. To afford relief from the unaccustomed confinement of the school desk, and to develop the power of erect carriage.
5. To provide, thru story plays and singing games, a medium of expression for the dramatic instinct, and to widen the child's experience by imitation of the experience of others.

Each lesson consists of rhythm training, story plays, and a game. The rhythm training is fundamental, and should be given each day. It is essential that the children be able to do well one lesson before going on to the next. If the progression outlined in the lessons is too rapid, go more slowly, but get what is done, done well. This applies to dances and singing games as well, which should be done in good unison, and with some attention to detail. Story plays, however, are not so formal. The chief things to aim at here are vigorous exercise, and reality of the make-believe. Get impersonation rather than imitation by encouraging freedom in interpretation. Beware of making the activities too stereotyped—let the children do things in their own way, and watch their own activities rather than what the teacher is doing. Story Plays should not be given every day, and not repeated more than once, except at long intervals

GRADE I.

Lesson 1.

RHYTHM TRAINING

1. Walking around the school-room, hall, or playground in a circle to march music. This is very informal marching; most of the children will get the rhythm of the music and fall in with it. Music—Hofer Music for the Child World, Vol. II, p. 20. If there is no piano, all sing "Yankee Doodle."
2. The Kewpies—Moses. Rhythmic Action Plays and Dances, p. 23.

STORY PLAYS

1. The Ice Man (D. Wardner, Wellesley D. H., 1919)
Description

1. The ice man drives his wagon to the ice-house. Running three times around circle holding hands as if driving.

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| 2. Several men load the wagon with cakes of ice, using tongs. | Bending forward and downward and straightening up as if lifting ice and swinging it up into wagon. |
| 3. Drive to the house to deliver. | As in 1—a little more slowly. |
| 4. Chop ice to the right size with pick. | Vigorous downward sweep of arms, both hands gripping pick. |
| 5. Carry a block up to the house. | Walking slowly once around circle bending way over on one side, other hand held high; change sides. |
| 6. Up the stairs and into the ice chest. | Be careful to keep position of 5 while going up stairs. |
| 7. Run down stairs and out to street to catch team, which has started to run away. | Quick running twice around circle. Dramatize as completely as seems advisable. |
| 8. All stop to get breath. | Deep breathing. |

II. Haying.

(A. Moss crop, Wellesley D. H., 1919)

Read Robert Louis Stevenson's "The Hay Loft" aloud to the class before starting the play.

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| 1. Drive the empty wagons out to the hayfield. First we go over a stony road, the horses' hoofs clatter; soon we turn into the grassy road to the meadow, and you can scarcely hear them. | Running three times around the circle, driving. The first round get a good, vigorous trot with the knees up; second and third round very soft running. |
| 2. Get out the scythes and cut down the hay. | Stand with one foot forward, and both hands grasping handles of scythe. Swing from side to side with vigorous sweep of the arms and body twisting, stepping forward with each stroke. |
| 3. Rake the hay into piles. | Raking movement; children move about the room—both sides. |
| 4. Pitch it onto wagon. | Pitching movement, sweeping arms down, sideways and up, with vigorous trunk twisting. |
| 5. Drive back to the barn. | Dramatize action of horses pulling heavy load. |
| 6. Wagons are emptied by a big claw-like machine, that comes down from the ceiling, takes up hay, and is pulled up to the loft by a rope. | Pulling on the rope. Stand with feet apart and arms stretched over head, grasping rope. Pull down with arms and bend knees. Repeat several times. |
| 7. Climb up the ladder and play in the hay. | Climbing, running and jumping. |

GAME—Fox and Rabbit

GRADE I.

Lesson 2.

RHYTHM TRAINING

- Walking in the circle as before. At a chord turn, and walk the other way. If singing "Yankee Doodle" clap hands after "macaroni," turn, and walk in the opposite direction during the chorus.

2. "Shadows" Music—Hofer, Vol. II.,
p. 5, "On Tip-toe."

Shadows, shadows on the grass,
We can never hear you pass.
We'll be shadows for today,
On our tip-toes dance and play.
Softly, softly stealing by
While the sun rides in the sky.

Tip-toe very lightly around circle.

Stop on the word "by."

Turn, face in, and make a circle with
the arms to represent the sun.

3. Little Miss Muffet. Moses, p. 26.

STORY PLAYS

I. Wind in the Woods

1. North Wind is fast asleep in cave
of the Winds. Autumn comes
along and tells him to hurry out
into the woods to blow down
the leaves.

Children sit in circle, fast asleep, with
eyes covered. One child (Autumn),
runs quickly about, touching each on
the shoulder. All jump up, face line of
direction, and run twice around circle.

2. North Wind blows hard and the
leaves all fall to the ground.

Deep breathing, blowing out hard, then
stretch arms way up over head and bring
hands slowly down, fluttering motion.
(Alternate 2 movements.)

3. All play in the leaves after they
have fallen.

Bend the knees and lean forward, pick
up armfuls of leaves and throw them
over head.

4. Rake the leaves into piles.

Twist body to the limit sideways, reach
forward with arms and bend forward
knee, then pull hard, left and right.

5. Walk around over piles of leaves.

Face line of direction, walk around circle
on tiptoe with high knee bending—at
first slowly enough to be a balance ex-
ercise, then quickly.

6. Light the fire and dance around
it. Put fire out by pouring a
pail of water on it.

Each child lights a match, touches off
leaves in front of him, then all join hands
and run around in a circle. Dramatize
putting out fire.

7. Smell the smoke.

Deep breathing.

II. Columbus Discovers America—D. Wardner.

1. The three small boats sail across
the rough ocean.

With arms stretched straight sideways,
run two times around circle, bending
from side to side as wind tosses sails.

2. The forward watch is looking hard
at the horizon. Suddenly he
sees land and shouts aloud,
"Land ho!" The sailors dance
a jig for joy.

One child is forward watch, comes out
in front of class and peers with hand
shading eyes. Then shouts. Whole class
fold arms high and do running in place.

3. Climb down the rope ladders to
the small boats in which we
land.

Climbing down—distinguish from climb-
ing up in the previous lesson by putting
hand down to start, and using a slower
rhythm.

4. Row to the shore.

If in school room do the exercise sitting
on desks; if not, stand with one foot
forward and forward knee bent. Bend
forward from the hips and reach forward
with the hands, keeping the back flat.
Swing the body and move the arms back
vigorously, bending the arms and bring-
ing hands to the chest.

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| <p>5. The Indians see Columbus coming, hide in the bushes and steal around.</p> <p>6. Columbus' men, land, look about a bit, and then decide to put up a flag, so they chop down a tree for the flagpole.</p> <p>7. Row back to ship.</p> | <p>Walking slowly around circle with knees bent.</p> <p>Chopping—nail the flag to the top of the tree, and then lift tree. (The chopping movement is a vigorous oblique downward swing of the arms with twisting and forward bending of the body.)</p> <p>Rowing as in 4.</p> |
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GAME—Cat and Rat

GRADE I.

Lesson 3.

RHYTHM TRAINING

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| <p>1. The Crooked Man.</p> <p>2. Running. If indoors, one row at a time runs around the room to music (Hofer, Vol. II, p. 3). If out doors have 4 to 8 children run outside the circle, twice around, while the teacher claps the rhythm.</p> <p>3. Playing Train.</p> | <p>M. p. 24</p> <p>M. p. 36.</p> |
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STORY PLAYS

I. Hallowe'en

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| <p>1. First we'll drive to the field for pumpkins.</p> <p>2. Pick up the pumpkins and put them in the cart. The small ones go in quickly, but the big ones are hard to lift.</p> <p>3. Drive home.</p> <p>4. Make the Jack o' Lantern and light the candles.</p> <p>5. Now we'll take them and go about to frighten people.</p> <p>6. Some one is coming out to catch us. Run like everything.</p> <p>7. We are glad we didn't get caught. Stop and get our breath.</p> | <p>Running twice around room or circle, hand in front as if holding reins.</p> <p>Stoop down bending knees, bring up the pumpkins quickly at first, then slowly.</p> <p>Repeat 1.</p> <p>Children sit down. Each carves his own—all should be intent and busy.</p> <p>Three or four steps on tiptoe, then jump up; repeat several times.</p> <p>Running quickly twice around the room.</p> <p>Deep breathing.</p> |
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II. How the Animals Get Ready for Winter

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| <p>1. The squirrels gather nuts and bury them in the garden and in the lawn.</p> <p>2. The birds fly south.</p> <p>3. Old bear in the woods wanders around looking for a hollow tree or a cave into which he crawls, to sleep there thruout the winter.</p> | <p>Jumping on toes in place, moving both hands down (to represent fore paws of squirrel as he climbs the trées). Stuff nuts in cheek, jump in place—jump forward as he runs to bury it, sit down on heels and dig hole. Repeat several times.</p> <p>Running twice around room (or circle), with very light step, arms horizontal and moving as wings.</p> <p>Walk around heavily, two rows around one row of desks, with swaying motion of trunk, crawl into own seat when get back to it.</p> |
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4. The pony is at the blacksmith's being sharp shod. He prances on his new shoes.

All make some horseshoes, hammering them very hard. Then every other child is blacksmith, and takes one of the pony's hoofs between his knees—the child in front raising one foot and standing on the other. The blacksmiths hammer, and then the ponies run in place with high knee upward bending.

5. Mr. Snake can wiggle and twist quite fast in warm weather, but when winter comes he moves more slowly, and finally crawls into a mud hole to stay all winter. What keeps him warm?

Sit up on desks (or stand, if out of doors) with hands clasped behind body, and feet fixed. Twist and sway from side to side quickly, then move slowly; slide around into seat, using hands if necessary. Slide down as far as possible and stay very still for an instant.

6. In the North woods the deer make many runways thru the deep snow, so they can fly more swiftly from the wolves.

Zig-zag running twice around the rooms.

GAME—Jack be Nimble

GRADE I.

Lesson 4.

RHYTHM TRAINING

1. Skating—Children slide forward alternately left and right, bending forward a little, in time to the music. (Hofer, p. 122).
2. The Turkey. Slow march time.
The Turkey's very proud and tall,
He has a funny little call (Gobble, gobble, gobble)
His tail is spread, his steps are slow,
See the line of turkeys go.

First two lines—Slow balance march about room, with head and chest very high.

Third line—Stop and move arms thru a large circle, to show spread of tail. At words, "his steps are slow," begin march again, holding arms out at side.

3. Marching to music in zig-zag formation. (Hofer, p. 21.)

STORY PLAYS

I. Indian Braves

1. Braves start out on a hunting trip; they run from their tepees thru the forest to the river, where they have canoes. Run very lightly twice around room.
2. Get in canoes and paddle down stream. Kneeling, paddle hard on right side, watch ahead for snags; then change position of feet and paddle hard on left side.
3. Find tracks on the bank—get out and trail thru the forest—stop and listen, get up and look all around. Walking with knees flexed, eyes glued to ground; listen with ear to ground; look by stretching up as far as possible.
4. Sight deer—take out arrows and shoot two or three times. Aim, draw, and shoot, say s-s-s softly as arrow flies.
5. Have killed a big buck, go and carry him back to the canoe. Let the children interpret—show how big the buck is by the way they carry it.

6. Dance the Dance of Good Hunting about the fire after they have come home. Medicine man beats tom-tom and braves shout "Hi! Hi!"

Skipping with high knee upward bending about circle—or nearest approach to that motion that children are capable of—get lots of action; medicine man stands in center and calls bom-bom—braves shout "Hi! Hi!"

II. Indian Squaws

Explain and bring out by questions that women did work differently from that of men. Compare with modern times.

1. In the spring the squaws dig up the ground with a sharp stick (what do we use now?) and plant corn.
2. Grind corn, pounding it between stones.
3. Carry water home on head from spring.
4. Chop wood for fire.
5. Stir up corn bread.
6. Dance of Good Harvest.

Forward downward bending of trunk, digging motion. Walk about from hill to hill planting corn.

Stooping, bending knees and keeping back flat, touching floor with hands, arms between knees.

Slow balance steps with heads held high.

Chopping, as in lesson 2.

Stirring movement, using both hands and getting in trunk twisting.

Like 6 of Indian braves, except not so vigorous.

GAME—I Saw

GRADE I.

Lesson 5.

RHYTHM TRAINING

1. Review all steps. If possible have children respond to rhythm of music without suggestion from teacher.
2. Here we go on a Merry-Go-Round or Mulberry Bush. Bancroft. Moses, p. 38.
3. Peter Pan. Moses, p. 45.

STORY PLAYS

I. The Pilgrim's Thanksgiving

(Emphasize the story thruout. There should be some historical value in this lesson.)

1. The Pilgrims decide to give a festival of thanks for all of their good fortune in their new home in America. They decide to invite the friendly Indians to their feast, and send swift messengers to their tepees in the forest. All run quickly three times around the circle.
2. The messengers wish to get their breath before giving the Indians their message. They signal to the Indians to come out of their tepees. Deep breathing with arm raising forward upward.
3. At home, meanwhile, the rest of the Pilgrim Fathers go hunting for wild turkeys, which are very shy game. Crouching start (sprinters) with head up and back flat. Move forward on hands and feet in that position; at intervals take half kneeling position and shoot at command.

4. The Pilgrim Mothers are making ready. They sweep the meeting house, and stir up puddings of all kinds.
 - (a) Sweeping motion, trunk twisting.
 - (b) Vigorous stirring motion, with both hands.
5. The children do their share, run out and get firewood. (What makes good kindling?) and put it in baskets.

Motion of picking up sticks and filling baskets.
6. Indians come running to the feast.

Run three times around circle.
7. They stop and smell all the good things there are to eat.

Deep breathing.

GAME—The Magpies and the Cuckoo

GRADE I.

Lesson 6.

RHYTHM TRAINING

1. Running as in lesson III. Running in place, all of the class at once. Command: "Running in place, go! All halt!" The children stop informally, as soon after the command as they can.

2. To Market—Moses, p. 43.

3. Rooster. Music 4-4 time, played staccatto.
 Red comb, feathers white,
 Steps so high, steps so light;
 He cocks his head, flaps his wings,
 Old rooster crows, and thinks he sings!

First two lines—balance march with high knee upward bending; hands on hips.

Third line—stand still with head on one side; then move elbows up and down as if flapping wings.

Fourth line—throw head back and crow; then shake head two or three times.

STORY PLAYS

I. Jack Frost

1. December calls Jack Frost to come to make the world beautiful, and all the fairies dance with joy.

Jumping on toes, clapping hands.
2. He runs out and blows frosty breaths into the air.

Running once around the room. Deep breathing.
3. He paints the windows and ground with frost, then climbs up and paints the roof.

Vigorous painting motion, then climbing, then more painting.
4. When Jack Frost taps the tight chestnut burrs they fly open and the chestnuts pop out.

Cross the arms, and sit down on the heels; at a signal jump up and fling the arms sideways.
5. Jack Frost has made the air so cold that we want a fire on our hearth, so we must get the wood.

Chopping.
6. The little brook running thru the meadow freezes when Jack Frost touches it.

Running around room—stopping very still at signal.

II. The Night Before Christmas

1. Santa Claus catches reindeer.

Running once around room.
2. Load sleigh with toys.

Lifting movement.
3. Fly over the house top.

Running once around room.

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| 4. Slide down chimney. | Sit on top of desks, slide down into seats and from seats to the floor. |
| 5. Children wake up and steal down to watch Santa. | Walking on tiptoe. |
| 6. Santa sees them, climbs up chimney without filling stockings. | Climbing. |
| 7. Santa jumps into his sleigh and whirls away. | Quick running. |
| 8. Reindeer, tired, hang heads, and take deep breaths. | Let heads drop forward, raise them with deep breathing. |

GAME—Ten Little Indians

GRADE I.

Lesson 7.

RHYTHM TRAINING

1. Diddle, diddle dumpling—Moses, p. 55.
2. Fire horses. Music, galop time.
Clang! clang! get out of the way,
We're coming, we're coming, is what the bells say;
They are galloping, galloping, speeding along,
Fire horses are big, fire horses are strong.

After the class has learned the song and has practiced the galloping step in place, the teacher gives each row a number (from one on) and then before playing the song, strikes a chord on the piano to represent the fire bell. If she strikes it once, row number one gallops around the room and back to place, and so on. As soon as each row starts, the rest of the children sing the song. Put emphasis on quick response to the signal, as that is most valuable training.

3. Clap 2-4 time. If the children have learned to clap rhythm in their music, use the same method. If not, use the clap and point method, i. e.: clap the accented notes and point the finger to the side on the others.

STORY PLAYS

I. Play in the Snow

Story

Description

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| 1. A big snowstorm has left drifts in all the yards. Let's run outdoors thru them. | Run twice around circle with high knee bending. |
| 2. Get the shovel and clear the walks. | Shovelling motion, left and right. |
| 3. Sweep off the steps. | Sweeping (trunk twisting). |
| 4. Make a snow man by rolling big snow balls and piling them up. | Forward-downward bending of trunk, pushing motion. Lift snow balls up. |
| 5. Throw snowballs at snow man and knock him over. | One child is snow man; stands with arms outstretched; as children throw, drops arms or ducks head to show that they have been knocked off. Finally falls down. |
| 6. Run home thru the drifts. | Same as 1. |
| 7. Show how snow falls and wind blows. | Stretch standing, arms sinking sideways, downward with fluttering motion of fingers. |

II. Travelling (Helen Robinson—Wellesley D. H., 1919)

People used to have very few ways of traveling, but now there are many different ways. What are some of the old ways? Some of the new? We'll do some of both.

1. Riding horses—mount and trot away. Trot faster and gallop.
2. The modern horse is the automobile. Before we can ride we have to pump up the tires, and then crank it. Now climb in and steer carefully.
3. When we go long distances we are drawn by the iron horse, the big engine of a train. When this horse starts, the rod between the wheels goes forward and back, at first slowly and then more rapidly, while the engine puffs.
4. When we travel by water, how do we go? How did the Indians travel? How do the fishermen travel?
5. There are big steam boats that have wheels at the side, and the beams of those wheels are very straight and move from side to side slowly and in even time.
6. The newest kind of a boat can go under the water or on top. What kind of a boat is it? How do they see out of it?
7. The most wonderful machine we have now is the one that flies. What is it like? How does the propeller go? How does the whole machine fly?

Go thru the motions of mounting. In zig-zag formation trot once around; then gallop.

- (a) Forward downward bending of trunk as if pumping.
- (b) Cranking motion with each hand.
- (c) Climb on top of desks and hold wheel.

Double up fists and bend arms. As train starts, do alternate arm stretching forward with opposite knee upward bending, and say "chuff, chuff" in time. Start very slowly and increase the rhythm to a fairly quick one.

Sit on the desks and paddle, first on right side, then on left. Then row, sitting on desks.

Stand with feet apart, holding the arms sideways, shoulder level. Bend slowly from side to side, keeping the arms straight and stiff, and the knee straight.

Zig-zag formation, run quietly once around room. When teacher says "sink," run more slowly, with bent knees; when she says "come up," run as usual. Hold the right hand by the head with one finger pointing up for a periscope.

Big arm circles to represent propeller. Run twice around room in a circle with arms stretched sideways. If any corners are turned lean in toward the center to represent "banking."

GAME—Looby Loo

GRADE I. Lesson 8.

RHYTHM TRAINING

1. Skipping—one row at a time around the room to music (Hofer, Vol. II, p. 54).
2. Old King Cole. M. p. 71.
3. Clap 2-4 time.

STORY PLAYS

I. Jack and the Beanstalk

Story (in as complete form as possible).

Description

1. Jack drives the cow to town to sell, because he and his mother are so poor they must have money. He meets a man who offers him colored beans in payment; Jack takes them because they are so pretty, and dances with joy.

Walk slowly around the circle; once as Jack would walk, and once as the cow. Dance with joy; jump on the toes, clapping hands (in rhythm).

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| 2. Jack runs home to show the beans to his mother. | Run twice around circle. |
| 3. His mother is very angry and throws the beans out of the window. | Throwing movement. |
| 4. All night, while Jack is sleeping, the beanstalk grows and grows. | Crouched position, slow stretching upward. Climb on seat, and stretch arms over head. |
| 5. In the morning Jack is amazed to see the beanstalk towering into the clouds. He is determined to climb it. | Climbing movement. |
| 6. The beanstalk reaches above the cloud to a beautiful land, at which Jack finally arrives. He skips along the road until he comes to a big house. | Skipping twice around circle. |
| 7. He stops and takes a deep breath before going into the house. Next time he'll go in. | Deep breathing. |

II. Jack and the Beanstalk (Part II.)

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| 1. Tell how wife of giant took Jack in and hid him when giant came home. Giant stalks thru house, saying:
Fee! Fi! Fo! Fum!
I smell the blood of an Englishman,
Be he alive or be he dead
I'll use his bones to season my bread. | Stalk around circle, taking big steps and repeating the verse. |
| 2. Giant hunts for Jack. | Children scatter over room looking in all possible places. |
| 3. Tell how the Giant has money, harp, and little hen brought out—goes to sleep. While Giant sleeps, Jack goes softly away, taking harp, etc., with him. | Steal on tiptoe once around circle. |
| 4. Jack runs out of the door. As he goes out harp sings, hen cackles and money rattles. Giant wakes up and gives chase. | Run very quickly twice around circle. |
| 5. Jack gets to the beanstalk first and climbs down. | Climbing motion. |
| 6. He then gets his hatchet and chops it down. | Chopping motion. |
| 7. Giant falls down on his head and is killed. Jack and his mother breathe deep sighs of relief. | Deep breathing. |

GAME—The Farmer in the Dell

GRADE I.

Lesson 9.

RHYTHM TRAINING

1. Skipping, two rows at a time around room and back to place. The first row starts, and skips once around alone. On its second round the second row falls in behind in the same rhythm.
2. Review all steps.
3. Hand drill to "Fire-horses," lesson VII. Children sit in seats, and hit top of desks with open palms, in galloping rhythm: two light taps with right hand in quick succession, then heavier tap with the left, and a pause. It can be counted: "one and two, one and two!" etc.

STORY PLAYS

I. How Our Houses Are Made

Story	Description
1. What part of the house do we make first? Let's dig the cellar.	Spading and shovelling motions.
2. Make cement for the floor, using a hoe and sand box—sand and lime. Smooth out the cement on the floor.	Movement something like raking.
3. Now we are going to put up the framework and lift heavy beams slowly; all together, 1, 2, 3 and up.	Lifting motion (absolute unison and hard work).
4. The framework and sides are all up; we must shingle the roof; first we'll climb the ladder. Now we'll put down the shingles.	Climbing movement, then sit on the desks and pound shingles.
5. We didn't have enough shingles, so we must drive to the mill and get more. Deep breathing.	Run, three times around room.

II. Abraham Lincoln's Boyhood

1. Abraham Lincoln's family were very poor. During most of his childhood they lived on a small farm. He had to work very hard in the garden.	Get suggestions from the children about garden activities, such as spading, hoeing, raking, etc. Let them dramatize.
2. He did not have much time to go to school, but was very fond of reading. After working all day he would often run to a neighbors' to borrow books.	Running three times around the room.
3. One book that he borrowed was spoiled by the rain, and to make it good the boy worked two days cutting corn.	Cutting with a sickle. Get vigorous body bending and twisting along with the arm movement.
4. When he grew older he made trips down the Mississippi, on a "flat boat"—a big raft, which they built out of logs.	Chopping down trees. Hammering logs together.

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| 5. They used long poles to steer these rafts. Sometimes they got stuck in the mud and had to push very hard to get away. | Take hold of desks (in lieu of poles) and push. Use desks on both sides of aisle. |
| 6. Lincoln became known all about for his honesty. He was called "Honest Abe." One time, when he was working in a store, he gave a woman a few cents less than he should in change, and went miles into the country that same night to repay it. | Jog trot four times around room. |

GAME—Did You Ever See a Lassie?

GRADE I.

Lesson 10.

RHYTHM TRAINING

1. Twinkle, Twinkle—Moses, p. 78.
2. Marking time with music and halting to chord.
3. Clap 3-4 time.

STORY PLAYS

I. George Washington's Boyhood

(Compare the circumstances of Washington's early life with Lincoln's. Emphasize fact that, altho one was fairly rich and the other very poor, both were very large, strong men, because they had a great deal of vigorous outdoor exercise when they were boys.)

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| 1. In colonial days, every Virginian boy learned to ride horseback. We'll mount our horses and make them show their gaits. | Go thru motions of mounting, then go around room three times, walking, trotting, and galloping. |
| 2. They also learned their way about the woods, how to use a bow and arrows, and, later on, the old-fashioned flint-lock rifles. | Motions of drawing a bow, and rifle shooting. Hunting, as in the Indian Braves Story Play. |
| 3. When George was only sixteen he became a surveyor, a man who goes thru the wilderness and makes maps of the land. Surveyors have to chop down trees to make roads. | Chopping down a tree. |
| 4. They have to build bridges out of logs. | Lifting movement, as if lifting heavy logs. Bend down, and lift up together on command. |
| 5. When they came to lakes, they make boats of canoes, which they row or paddle. | Sitting on desks; first rowing, then paddling. |
| 6. Sometimes they come to a small stream, which they can cross by swimming. | Breast stroke swimming movement. |

II. The Farmers

Where does our food come from? (Guide discussion to kinds produced on farm.)
What does the farmer do to make food for us?

1. He grows things. What things? How does he grow them? Plowing—big horses draw the heavy plow, and they lift their feet high, but the ground is so soft that you can't hear them come down. Once around the room, high knee bending, **very light step**.
2. Planting. Farmers used to plant grain by sowing it broadcast. Now they work a machine, driving with one hand, and shoving an iron rod with the other. Sowing motion. Thrusting motion several times with each hand. (Other hand holds rein.)
3. Butter and milk come from the farm. How do we make milk into butter? Churning (combine stooping with pounding motion of hands).
4. Eggs come from the farm.
 - a. Climb up into the hay mow to hunt for them. (a) Climbing motion.
 - b. Hunt all around the ground for nests. (b) Walk around softly, looking all over room.
 - c. Put eggs in safe place, and jump down from hay mow onto pile of hay. Can't hear us land. (c) Get up on seats and jump down, landing very lightly.

GRADE I.

Lesson 11.

RYTHM TRAINING

1. Hippity Hop to the Barber Shop. Moses, p. 65.
2. Marking time without music and halting to command: "Mark time, march! Class halt!" Halt is made in two counts after the command. Be careful to keep the steps very light and not allow the halt to be stamped.
3. Clap 3-4 time.

STORY PLAYS

I. The Grocer

Make plain his relation to the farmer. Could we go out to the farm to buy eggs?

1. When the grocer comes down in the morning he makes the store clean. Sweeping motion. Dusting motion.
2. Climbs up his stepladder to get goods on the top shelf, and climbs down carefully with load. Climbing up quickly. Climbing down. (Same motion, but slowly and softly.)
3. He has to weigh out the sugar and other food before he puts it in packages. We are all scales. Arms held sideways, shoulder-level, trunk bending sideways.
4. All the parcels are wrapped up, ready to put on wagon—there are some heavy barrels to go on, too. Bend forward and downward touching the floor, then lifting motion—sometimes slow and resistant.
5. We are ready to deliver the groceries, so we'll drive around to the houses. Trot twice around the room. (Can vary by having one child, the grocer, call on one row to deliver different packages and see who gets back first.)
6. Deep breathing.

II. Robin Red Breast (H. Robinson, D. H., Wellesley College, 1919)

1. Up in their nest in the tree-top
some little baby robins are try-
ing to use their wings. Bend knees so as to sit on heels and
bend arms with hands on shoulders.
Stretch the knees slowly and flap the
arms up and down.
2. Father robin hops about on the
lawn looking for worms for his
hungry babies. Two or three little running steps, fol-
lowed by as many small hops. Each
row moves forward and then turns and
goes back to place.
3. Cocking his head to one side he
sees a worm, puts his bill into
the earth to get it, and tugs at
it for a long time. Bend the trunk forward and downward
as far as possible. Raise it slowly, as
if pulling hard.
4. Pussy, crouched down, creeps to-
ward the robins. Children get down "on all fours," and
creep forward slowly, stretching one leg
at a time. Two rows creep in this man-
ner around the row of seats.
5. Some one cries out:
"Little bird fly to the tree
There a little nest I see."
Robin drops the worm and flies
swiftly to his nest, chirping. One child is chosen to give the warning
and cries it out just as the pussies have
returned to their places. The children
jump up, run swiftly on toes, with arms
moving at sides as if flying. Zig-zag
formation twice around room.
6. The wind sways the branch of the
tree from side to side. With hands on hips and feet apart, bend
the body from side to side as far as
possible.
7. The birds go to sleep as the nest
rocks to and fro like a cradle. Children make a cradle with arms and
twist body from one side to the other
in slow rhythm.

GAME—Cat and Mice

GRADE I.

Lesson 12.

RHYTHM TRAINING

1. Fireflies Dance. Moses, p.
2. Marching and halting to command, with and without music. At first have
music played as they march, stopping just before the command "Class halt!"
All start together, with left foot, in zig-zag formation. Work constantly
for light step—never let step get heavy. As soon as it begins to drag, use
the music, with almost staccato accent, or give the command "On tiptoe,
march!" and see that the children march without touching heels. In say-
ing "left, right" to mark the time, the teacher must never use a heavy,
emphatic tone, but cut off the vowel sounds to shorten the word, and use
rising inflection to give a light staccato effect, which will lift the step
instead of pulling it down.
3. Running two rows at a time, twice around the room (music).

STORY PLAYS 1. The Storm (D. Wardner, Wellesley, D. H., 1919)

1. We see storm clouds coming up, Running twice around room or circle.
so we run home.
2. Close the windows before it rains
in. Stretch the hands up and pull them down,
bending the body downward at the same
time.
3. Run up-stairs to close the win-
dows. Running in place with high knee upward
bending.
4. The wind is blowing in and blow-
ing the curtains. Represent curtains with arms and body.
Let arms swing freely back and forth,
and fall to sides with a bang.

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| 5. The curtains knock a button box off the table; we must pick them up. | Stoop down and pick up buttons, putting them on desk. |
| 6. "The rain is raining all around." And it makes a funny pattering noise. | Walk around room (zig-zag formation), tapping lightly on desks, black boards, etc., with fingers. |
| 7. The sun soon comes out, and we skip out doors to play. | Skipping twice around (zig-zag formation). |
| 8. See the rainbow, and smell the freshly-washed air. | Make a circle of arms to represent rainbow. As they are raised, breathe in deeply. |

III. Peter Rabbit and the Easter Eggs

(Edith Haight, Wellesley, D. H., 1919)

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| 1. Very early on Easter morning Peter Rabbit's friends come hopping to his house to get him to go out with them to hide Easter eggs before people are up. | Hopping—two rows around one row of desks, once around. |
| 2. Each takes a basket of eggs very carefully, stands up on his hind feet, and starts out for the big meadow. When they get there, they put the baskets on a big rock. | Balance march once around room, zig-zag formation. When get back to desk, place basket there. |
| 3. Now, Peter Rabbit and his friends hide the eggs. Some make nests of grass for the eggs; some tuck them under fallen leaves; others hide them around the roots of trees. | Stoop down hiding eggs, alternating with reaching up on rock for them. |
| 4. Peter Rabbit finds a splendid hole on the very edge of the brook, and is just putting an egg there when he slips and splash! he is struggling in the water. His friends all jump in, swim to him and pull each other out. | Children jump in place, then make paddling motion with hands, like animals swimming, and run forward a few steps. Then each takes hold of child in front of him and pulls him back to place. |
| 5. They all shake themselves very hard to get the water off their fur. | Shaking motion of whole body. |
| 6. They hear a dog barking very fiercely not far away, and know they'd better hide, so steal off behind trees and rocks. | Step along very quietly with bent knees (zig-zag formation), and when about half way round the room each hides behind whatever desk is near. |
| 7. The dog goes by, and the rabbits hop home very quickly, because he may come back. | Hop until reach own desk. |

GAME—Review Fox and Rabbit, calling one of bean bags Peter Rabbit, and the other the big dog.

GRADE I.

Lesson 13.

RHYTHM TRAINING

1. The Fairy Shoes—Tune of The Muffin Man.
Oh, have you seen a fairy's shoe?
Oh, have you seen a fairy's shoe?
We'll slide and slide and step, step, step
To show the fairy's shoes to you.

Two slides to the right and three steps beginning right. Repeat left and right. Last line two slides to left, step back and bow, pointing right foot forward.

2. Marching accenting every third step. (Be careful not to stamp.)

STORY PLAYS

I. The Chicken's School (D. Wardner)

1. Mrs. Hen calls the chickens to school. Running quickly twice around room.
2. She asks them how well they can flap their wings. Bend the arms, and then raise the elbows to shoulder level, several times.
3. They practice drinking. Bend the body forward and downward (with hands on hips). Raise the body and tip the head back, as chickens do when they are drinking.
4. See if they can strut around like Mr. Rooster. Rooster walk as in lesson 6.
5. Hopping over puddles. Two or three short running steps, followed by a jump up.
6. See the farmer coming with grain, and run to the fence where he is. Running twice around room, zig-zag formation.
7. See how much grain we can pick up. Make a beak with the arms, held stiffly down, with the hands meeting in front of the body. Pick up grain by stooping, i. e., deep knee bending, hands touching floor, arms between the knees, and back straight. Repeat rapidly several times.

II. Paul Revere's Ride (Read the poem first)

1. The English soldiers come marching, and the lookout sees them. All march in best military manner once around room (zig-zag).
2. Look-out climbs the tower. Climbing (alternate arm stretching upward, with opposite knee upward bending).
3. He swings the lantern. Large arm circles—several with left arm, then several with right.
4. Paul Revere sees the light, jumps on his horse, and rides off. Gallop twice around room, zig-zag.
5. The people rush to the windows, throw them up and look out. Yawn and stretch. Free interpretation, getting in some vigorous arm movements.
6. The men dress hastily, take their muskets, and come running to the common. Hurried movements—putting on shoes, etc. Run quickly around the room.
7. Shoot at the British from fences and stone walls. Kneel behind desks, and go thru motions of aiming and firing muskets.

GAME—Pop Corn

GRADE I.

Lesson 14.

RHYTHM TRAINING

1. Swinging in the Swing—clap the rhythm first.
2. Review all steps.
3. Yankee Doodle.

"Yankee Doodle came to town"

"Riding on a pony"

"He stuck a feather in his cap"

"And called it macaroni"

Chorus—Tra-la-la, etc., 16 counts.

Very military position, mark time four steps.

Holding reins, skip four steps forward.

Stand at salute.

Turn and skip four steps back to place.

Two rows join hands around a row of seats. Eight slides left and eight right. Finish facing front, standing at salute.

4. March, accenting every 3rd step, every 4th, and every 5th.

STORY PLAYS

I. At the Sea Side (Hazel Furchgott, Wellesley, D. H., 1917)

When I was down beside the sea,
A wooden spade they gave to me,
To dig the sandy shore.
My holes were empty like a cup,
In every hole the sea came up,
Till it could come no more.

—R. L. Stevenson.

1. Run out to seashore, carrying pail and wooden shovel. Run in circle. Rather fast time.
2. Go up to the very edge of the sea and smell the fresh, salt air. Deep breathing, as if smelling the sea air.
3. Take pail up and find nice place to dig in the sand. Digging holes. Stand with feet apart, pail by right foot. Stoop over and dig sand at side of left foot and put sand in pail. Change pail to right side and repeat.
4. "My holes were empty like a cup, In every hole the sea came up, Till it could come no more." Take hold of hands sideways, six steps backward and hold. Six steps forward and hold. Repeat.
5. Making forts of sand. Take the pail full of sand that we dug and empty it into little pile right in front of feet. Scoop up pails full of sand and throw them on this pile of sand. Each time throw higher until build fortress just high enough to step over.
6. Inspecting fortresses to see that they are well built. High balance step over forts of sand, being careful not to knock them over.
7. Each person, now back to his own place, see that sand crabs about to attack fortresses. Run after sand crabs in effort to catch them, but they escape to their holes. Very animated running, more of a scamper, as would be the case in catching sand crabs.
8. Pick up pail and one last breath of the pure salt air before we go. Deep breathing.

II. Circus.

1. First we stop outside of the big tents and watch different animals. Feed the elephants.

Children imitate animals by rows, and rest guess.

One row are elephants, opposite row children. Former clasp hands and swing arms for trunks; latter throw peanuts to them.

2. Then we go to the big tent, just in time for the parade.

Best row is the band—others can be anything (within reason).

3. The bare-back riders come in, they jump on and off their horses and vault over them.

Sit sideways on desks, jump down, run in place and jump up again—vault thru seat.

4. Then we see the wonderful tight-rope walkers.

Exaggerated balance walk, toes down first.

5. The strong men lift heavy weights and do exercises with them.

Resisted arm bendings and stretchings.

6. We all watch the funny clowns.

Leave this to children's imagination.

7. Last of all is the chariot race.

Each driver has two horses, who clasp hands; he drives them in big circle around room, at full speed.

GRADE II.

Lesson 1.

1. Marching to music (Hofer Music for the Child World, Vol. II., p. 26), in a circle around the room. Stimulate light, spirited step. (See Grade I., lesson 12.)
2. Fire horses—Grade I., lesson 7.
3. Clap 4-4 and 3-4 time.

Animals' Activities—Use Pictures

1. The dog can trot or run slowly or quickly.

Run in a circle about the room, all rows at once. At first slowly "dog-trot." Then more quickly.

2. The bear has a very funny gait when he walks on his hind feet.

Walk a few yards, swaying from side to side, using arms for balance.

3. Pussy slips along so quietly that the mice never hear her, and that's how she catches them.

Run quickly on tiptoe with bent knees, very quietly.

4. In India large strong elephants do a great deal of work. They can handle heavy timbers with their trunks.

Clasp hands in front of body, swing arms (with straight elbows) from side to side. Get body twisting.

5. The rooster.

See Grade I., lesson 6.

6. Mr. Toad and Mr. Frog hop along, but Mr. Frog can go much further because he is thin and Mr. Toad is fat.

Hands on floor, between feet, knees bent short and long hops about the circle.

GRADE II.

Lesson 2.

1. Old King Cole. Moses, p. 71.
2. Hand drill to "Fire Horses." See Grade I., lesson 9.

Children's Activities

Start with Autumn and get children to name and dramatize their favorite activities thruout the seasons.

GRADE II.

Lesson 3.

1. Marching—zig-zag formation. See introductory notes.

Grown-ups' Activities

Ask children to tell what they are going to be when they grow up, and dramatize, if practicable. Suggestions:

Sailor—rowing, hoisting sail, pulling up anchor.

Blacksmith—using heavy hammer.

Aviator—large arm circles to represent propeller, running with arms horizontal.

Forester—chopping.

Fireman—climbing.

GRADE II.

Lesson 4.

1. Running.
One row at a time, once around the room. Emphasize light step, head high, arms swinging free. Try for uniform rhythm. "1st row, ready—go!" Stop informally at own desks.
2. Blowing up balloons.
"Breathe in! breathe out!" "Again—one! Two!" (Hands may be placed on side of chest to feel the expansion.)
3. Hand clapping behind knee and in front of face.
Place the left foot forward and clap hands behind slightly bent knee of the advanced foot, straighten up and clap hands in front of face. (Imitation method; "down, up" until the rhythm is established). Same with right foot forward.
4. Swaying from side to side.
With feet apart bend from left to right, letting the hand slide down on one side and up on the other.
5. Walking on tip toe.
With hands on hips, walk forward slowly on toes 4 steps, turn around and walk back 8 steps, turn and walk back to place.
6. Bouncing ball up and down.
Jump up and down in place 3 (or 4) times on signal given by teacher, simulating bouncing ball on floor. Repeat 5 or 6 times.
7. Arm raising sideways with deep breathing.
Imitation method: Raise the arms sideways and breathe "in! Out! Again—one! Two!"

GRADE II.

Lesson 5.

1. Marching.
Zig-zag marching as before. "Class forward—march!" Class—halt!"
2. Stone crusher.
With feet apart and hands clenched (like a hammer), quick knee bending with downward stroke of hands, moderately fast rhythm. Imitation method.
3. Blowing of wind.
Deep breathing in slow rhythm. Imitation method.

4. Chopping down a tree.

With feet apart and hands on right shoulder, swing arms down toward left knee, with vigorous trunk twisting and bending of knees. Moderately fast rhythm, ten—twelve times. Repeat on other side. Demonstration, followed by signal "Ready—begin! And stop!"

5. Bicycle.

With hands slightly raised as if grasping bars, alternate knee upward bending. Demonstration: "Ready—go! And stop!"

6. Windmill.

With fists clenched and elbows straight, alternate arm circles, starting forward-upward. Imitation method, increasing speed gradually.

7. Sewing machine.

Running in place. Demonstration, then: "Ready—go! And stop!"

8. Deep breathing with turning of hands.

Imitation method.

GRADE II.

Lesson 6.

1. Running.

Two rows at a time, twice around room. One row starts and is followed at the beginning of its second round by the next row. Stop informally at desks after second round.

2. Blowing soap bubbles upward.

Breathe in with backward moving of head. Exhale slowly. Imitation method.

3. Scooping leaves or snow.

With feet apart, stoop and bend forward, touching the floor; then straighten up and throw arms over head. Imitation method.

4. Weather vane.

With feet apart and arms horizontal, turn slowly from one side to the other, keeping feet firmly on floor and knees rigidly straight. Demonstration, then: "Ready—begin! Stop! Position!"

5. Pulling taffy.

Hands in front of chest; bring arms down approximately to arm bend standing position (see p. —). Imitation.

6. Walking on rails.

Short steps, one foot placed directly in front of the other. Slow rhythm. Imitation.

7. Bounding ball forward.

Jump forward three or four times on signal given by teacher, simulating tossing ball up and forward.

8. Deep breathing.

"Breathe in! Out! Again one! two!"

GRADE II.

Lesson 7.

1. Skipping. One row at a time once around room. Later twice around. Emphasize lightness and rhythm.
2. Chest raising with backward moving of head. One hand placed on chest. Hand placed on chest to feel it move up and down with deep breathing—"One! Two!"
3. Driving stakes. Feet apart and hands in front of one shoulder. Bend and turn to one side, as if swinging sledge hammer behind the back. Swing overhead and straight down vigorously, with slight bending of knees. Imitation.
4. Rooster flapping wings. With hands on shoulders and elbows at sides: raising of elbows to shoulder level with heel raising and backward moving of head. Imitation.
5. Treading water (with feet only). With hands placed on hips: alternate knee upward bending. Demonstration, then: "Ready-go!"
6. Crow hop. With arms raised sideways and knees slightly bent: short jumps forward, moving arms like wings.
7. Deep breathing with turning of hands. On: "One! Two!" Or "In! Out!"

GRADE II.

Lesson 8.

1. Fundamental and relaxed gymnastic standing positions. Use in later lessons before marching and the more formal exercises. "Class—attention!" Class assumes best standing position, standing tall and still "like soldiers."
 2. Jack-in-the-box (with feet apart, fairly deep knee bending, hands on knees, and quick return). "At ease!" Right foot is moved directly sideways about one foot length, weight equally on both feet. Body slightly relaxed, but not slouching.
 3. Arm raising sideways with backward moving of head and chest raising. Describe and demonstrate, if necessary. Straighten up on signal (clap hands to open box). Repeat 6-8 times.
 4. Rolling big snowballs. Demonstration. Then: "Arm raising sideways with backward moving of head—one! Two!" Give signals approximately in slow breathing rhythm.
 5. Swaying of trees. With feet apart, stoop and bend forward with hands in front, straighten up and move forward slightly. Imitation.
 6. Jump over brook. With feet apart and arms over head, slow bending from side to side. Imitation.
 7. Deep breathing with hands on chest. One row at a time faces back of room and runs around to the front, jumping over two chalk lines representing stream (running leap from one foot, landing on the other), then runs back to place.
- Demonstrate. Then: "Deep breathing—one! Two!"

GRADE II.

Lesson 9.

1. Marching. After standing up, the class is given "at ease." Alternate rows are then turned, informally, for marching (in the usual way). Then: "Class—attention! Forward march! Class halt!"
2. Elevator. With feet slightly apart and hands on hips: Knee bending and stretching in moderately slow rhythm. Imitation.
3. Hip grasp standing "stretching." With hands pressing strongly downward on hips, straighten whole back to the utmost and hold for a few seconds. Then drop hands to sides slowly while retaining "stretched" position. Repeat three or four times. Description and imitation.
4. Climbing. Alternate knee upward bending with opposite arm raising in moderately fast rhythm. Demonstrate, then: "Ready—go! Class halt!"
5. Rowing, sitting on desks. Sitting on desks, facing back of room, feet fixed if possible: Reach and lean forward, with flat back and head erect. Then swing body back and bend arms. Imitation.
6. Skipping stones (on water). With hands on hips, jump forward three or four times in accelerating rhythm. Describe and demonstrate. Start on signal, such as underhand throwing motion.
7. Deep breathing with backward moving of head. "Deep breathing—one! Two!" With backward moving of head—one! Two!"

GRADE II.

Lesson 10.

1. Running. As in lesson 6.
2. Arm flinging sideways with heel raising. Demonstrate. Then "Class—attention! Ready—begin!" Fairly fast rhythm, "and—stop!"
3. Head grasp standing "stretching." Place hands on top of head. "Stretch" as described in lesson 9. Description and imitation the first time. For repetitions use numerals, "one!" "Two!" "Three!" for the respective parts.
4. Stooping. (Deep knee bending, touching floor, arms between knees, back straight, but inclined forward). Demonstration. Then: "Stoop down and touch the floor—one! Return (striking sides)—two!" Repeat in slow rhythm, starting on "Begin!" discontinuing on "and stop!"
5. Railroad semaphores (alternate arm raising sideways—upward). Description and demonstration. Then start exercise by imitation. Movements quick, positions distinct. Rhythm slow.
6. Shoveling snow (or sand). With feet apart and hands held as if grasping shovel: bend forward and to left, with slight knee bending; straighten arms and lean to left, as if throwing snow far away. Imitation. Same to right.

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|----------------------------------|---|
| 7. Jump for apple on low branch. | Running jump, trying to touch pointer held at reasonable height. One row at a time, as in "jumping over brook." |
| 8. Sitting deep breathing. | Best sitting position, grasping corners of desk, "Deep breathing—one! Two!" |

GRADE II.

Lesson 11.

- | | |
|--|---|
| 1. Skipping. | Each row twice around room. Successive rows follow on 2nd round of preceding row. |
| 2. Hoisting sail. | With feet apart and one hand raised, bring hand down quickly with knee bending; straighten knees and raise other hand. Demonstration, then: "Ready—pull! Stop!" |
| 3. "Stretching with turning of hands." | "Stretching" as before, with simultaneous arm movement. Retain "stretched" position during return arm movement. Then relax slightly. Imitation, then repeat on three counts, in slow rhythm. |
| 4. Picking up stones and tossing to pile on left and right side. | Stoop down and touch floor. Straighten up and make tossing motion 6—8 times to left; repeat to right. Imitation. |
| 5. Locomotive. | Raise left knee, stretch right arm forward, bend left arm and draw it backward. Change position of arms and feet in gradually accelerating rhythm. Imitation. |
| 6. Balancing basket on head. | Hands placed on hips, left foot forward: rise well up on toes, keeping as steady as possible, so that basket will not fall. Demonstration, then: "One! Two!" Repeat 3 or 4 times with each foot in front. |
| 7. Hip grasp standing jumping on toes 10 times. | Demonstrate. Then: "Ready—go!" (Class counts aloud at first, later silently.) |
| 8. Deep breathing with hands on side of chest. | Demonstrate. Then: "One! Two!" |

GRADE II.

Lesson 12.

- | | |
|--|---|
| 1. Flying. | Running very lightly with small steps, arms moving like wings. Each row twice around the room, successive rows following as previously described. |
| 2. Looking over fence. | With hands at height of head, rise high on toes, moving arms down a little, as if pulling up to look over the fence. Imitation. |
| 3. Arm raising sideways, palms up, with backward moving of head. | Demonstration, then: "One! Two!" at intervals approaching slow breathing rhythm, but without allowing movement to become rhythmic. |

4. Pumping up automobile tire. Vigorous forward-downward bending with slight knee bending and arm stretching downward. Imitation.
5. Steamboat. With feet apart and arms raised sideways to shoulder level, bend from side to side at waist, at first without, later with, alternate knee bending, keep arms straight to resemble walking beam on side-wheel steamboat.
6. Hip grasp standing position. (See p. —). Demonstrate, calling attention to details and emphasizing quickness and unison of response to the signal. Then: "Hands on hips—**place!** **Posi-tion!**" Repeat two or three times.
7. Jump over low railing. One row at time jump over pointer held at reasonable height.
8. Deep breathing. On: "**One! Two!**"

GRADE II.

Lesson 13.

1. Marching. Zig-zag marching. Accent every third step.
2. See-saw. With hands on hips and feet slightly apart and half the class facing the other half: knee bending, one-half of the class going down as the other goes up. Moderately fast rhythm. Demonstrate and explain. Then: "**Ready—go!**"
3. Rockets. Quick arm bending and stretching upward, followed by slow arm sinking sideways-downward. Demonstration, then start by imitation, counting "**One, two,**" for quick arm bending and stretching upward, and then "**three, four, five, six, seven, eight**" for the slow arm sinking sideways-downward.
4. Furling sail. With feet apart bend down and grasp sail between the feet with one hand (clenching fist). Straighten up, bringing that hand to the hip and keeping it there while reaching down with the other hand. Continue alternating left and right. Imitation.
5. Neck grasp standing position. (See p. —). Demonstrate, calling attention to details and emphasizing unison, and, later, speed of response. Then: "**Hands up—place! Posi-tion!**" Repeat two or three times.
6. High stepping, trotting and galloping horses. Each row twice around the room, second row beginning on second round of first row, etc. "**Ready—go!**"
7. Deep breathing with low arm circling. Sweeping forward-sideways movement of the arms on "**one!**" Slow downward movement on "**two!**" Imitation.

GRADE II.

Lesson 14.

1. Running.
2. Corn-stalk growing up.
3. Mowing grass with a scythe.
4. Arm bending and stretching sideways. (See p. —.)
5. Skating.
6. Hip grasp stride standing side bending. All the way from one side to the other. (See p. —.)
7. Duck walk.
8. Deep breathing with hands on side of chest.

Try zig-zag running. If rhythm is lost, review methods previously used.

Start from deep knee bend standing position, straighten knees slowly while gradually raising arms over head and stretching up as high as possible. Description, then give on count. Repeat five or six times.

With feet apart and arms raised slightly forward, knees bent a little, swing from side to side, advancing by short step. "Ready—begin! Stop!"

Demonstrate. Then: "Ready—begin! And stop! Position!" Fairly fast rhythm, vigorous movements.

Slide diagonally forward with one foot, knee slightly bent, raising the other leg diagonally backward on "one!" Hold position on "two!" Repeat on other side. Demonstration (imitation if necessary).

"Hands on hips—place!" "With a jump, feet sideways—place!" Bend as far as possible in waist, keeping knees straight and feet on the floor. Demonstration, then: "Ready—begin! Stop! Position!" Slow rhythm.

"Hands on hips—place!" Bend the knees until sitting on heels and walk forward keeping the knees bent. "Ready—go!"

GRADE III.

Lesson 1.

1. Standing and sitting—two counts.
2. Review marching in place and halt. Marching, one row at a time, around the room, marking time on return to desks.
3. Power hammer.
4. Arm raising sideways with backward moving of head.
5. Chopping up a log.

"Class—stand! Two!"
"Class—sit! Two!" See explanations, p. —.

"Mark time—march! Class halt! At ease!" "First row—attention! Forward—march! Row halt! At ease! Second row—attention!" etc.

With feet apart and clenched hands in front of chest, quick knee bending with downward stroke of hands (without leaning forward), moderately slow return. Demonstration, then: "Ready—begin!" "Stop!"

"Arm raising sideways with backward moving of head—one! Two!"

With feet apart, hands on right shoulder, right knee slightly bent, and body turned to the right, swing the arms diagonally, then straight downward between the feet. On the recoil, straighten up and bring the hands over the left shoulder. Continue in even rhythm. Imitation (later cue, or simply naming exercise, then: "Ready—begin!")

6. Hip gr. standing jumping on toes. "Hands on hips—**place!** Jumping on toes (cue). See explanations, p. —. Ready—**begin!** Class halt!"
7. Deep breathing. "Deep breathing—**one! Two!**"

GRADE III.

Lesson 2.

1. Flying. Running with arms raised sideways and moving like wings. Two rows at a time, the second row starting on the second round of the first, etc.
2. Turning of hands with backward moving of head and chest raising. "Turning of hands, etc.—**one! Two!**"
3. Building a stone wall. With feet apart stoop and bend down, touching the floor. Then straighten up and thrust the hands forward. (Imitation).
4. Steering automobile. Sitting erect on desks, hands grasping wheel. Turn vigorously three or four times left and forward, then right and forward. Description, then: "Ready—**begin!** Stop! Same to right—**begin!**"
5. Arm bending and stretching downward. "Arm bending and stretching downward (cue)—**begin!** And stop!"
6. Facing left and right, in two movements, each on separate signal. Demonstrate. Then: "Class—attention! Left—**face!** (See that weight is on left foot and shoulders facing squarely in the new direction. Spin on heel and "tap toe")—**Two!**" (See that the right foot is lifted clear off the floor. Click heels together. Avoid stamping). "Right—**face!**—**Two!**"
7. Running leap over brook. See Grade II., lesson 8. Exercise 6, p. 24.
8. Deep breathing with hands on side of chest. "Place hands on sides of chest. Deep breathing—**one! Two!**"

GRADE III.

Lesson 3.

1. Marching. (Also review left and right facings.) Each row twice around the room. Successive rows follow on second round of preceding row.
2. Arm flinging sideways with knee bending (heels leaving floor). "Arm flinging sideways, with knee bending, heels leaving floor (cue)—**begin!** and stop!"
3. Hip grasp st. "stretching." With hands pressing strongly downward on hips, straighten whole back to the utmost and hold for a few seconds. Then drop hands to sides slowly while retaining "stretched" position. Repeat 2 or 3 times, using numerals. Description and imitation.
4. Rowing, sitting on desks. Sitting erect on desks, facing back of room, feet fixed if possible: reach and lean forward, with flat back and head erect. Then swing body back and bend arms. Imitation.

5. Weathervane (sitting).

Sitting erect on desks, facing back of room, feet fixed if possible, hands clasped behind neck. Turn sharply to left and right. Imitation. Later demonstration, then "Ready—begin! Stop!"

6. Arm bending and stretching sideways. (Oblique formation.)

"Arm bending and stretching sideways (cue)—begin! Stop! Position!"

7. Hip grasp st. jumping on toes with foot placing sideways.

"Hands on hips—place! Jump on toes with foot placing sideways—one! (Imitation) together—two! (Imitation). Keep it up (cue), ready—begin! Class halt!" (on two counts). Let class count aloud at first.

8. Deep breathing.

"—one! Two!"

GRADE III.

Lesson 4.

1. Running.

Two rows at a time twice around the room. One row starts and is followed at the beginning of its second round by the next row. "Class—attention! First row ready—go!" Stop informally at desks after second round.

2. Arm raising sideways with backward moving of head and chest raising.

"Arm raising sideways, etc.—one! Two!" (Hands shoulder height and well back. Shoulders low. Keep lower back straight by drawing in at the waist.)

3. Scooping leaves.

With feet apart stoop and bend forward touching the floor. Then straighten up and throw hands over head with straight arms. Imitation. (At end of exercise leave class in stride standing position for the next exercise.)

4. Hip grasp stride standing bending from side to side.

"Hands on hips—place! Bending from side to side (cue), starting left—begin! Stop! Position!"

5. Neck grasp standing position.

"Hands on neck—place!" (Head and elbows well back, chin in, lower back straight). "Position!" (Repeat two or three times, using the same signals.)

6. Climbing.

Alternate knee upward bending with opposite arm raising in moderately fast rhythm. Demonstrate, then: "Ready—go! Class halt!"

7. Jumping for apple.

Jump in place, reaching for imaginary apple on low branch with left, then right, hand. "Ready—jump! Again—jump!" Repeat two or three times with each hand. Emphasize light landing (on toes).

8. Deep breathing with turning of hands.

"Deep breathing with turning of hands (cue)—one! Two!"

GRADE III.

Lesson 5.

1. Hip grasp standing heel raising. "Hands on hips—**place!** Heel raising (cue)—**ready—begin!** **Stop!** Position!" (Rhythm fairly fast, movements quick and sharp.)
2. Head grasp standing stretching. With hands pressing strongly downward on top of head, straighten whole back to the utmost and hold for a few seconds. Then drop hands to sides slowly while retained "stretched" position. Repeat two or three times, using numerals. Description and imitation.
3. Narrow stride standing stooping (Deep knee bending, touching floor, arms between knees, back straight, but inclined forward). "With a little jump feet sideways—**place!**" Demonstrate, then: "Stoop down and touch the floor—**one!** Return (striking sides)—**two!**" Repeat in slow rhythm—**begin!** **Stop!**"
4. Mowing with scythe. With feet apart, swing arms from side to side in front of body, as if using scythe, shifting weight with slight alternate knee bending, advancing by short steps. Demonstration and imitation.
5. Arm bending and stretching obliquely upward. "Arm bending and stretching diagonally upward (cue)—**begin!** **Stop!** Position!" See that arms are well back. Try for 90° angle between them.
6. Running in place. Demonstrate, emphasizing lightness and high knee action. (Avoid throwing feet up behind.) "Ready—**go!** Class halt!" (Stopping on second count.)
7. Deep breathing, one hand on chest. "Place left (right) hand on chest. Deep breathing—**one!** **Two!**"

GRADE III.

Lesson 6.

1. Marching, zig-zag. (See p. —.) Every other row faces back of room on signal: "Turn for marching." Then: "Class forward—**march!** Class halt!"
 2. Hip grasp standing knee bending, heels off. Demonstration, class at ease. Then: "Class attention! Hand on hips—**place!** Ready—**begin!** **Stop!** Position!"
 3. Neck grasp stride standing chest expansion (with head well back). "Hands on neck and (with a jump) feet sideways—**place!** Chest expansion—**one!** **Two!**" Repeat on signal two or three times. Then: "With a jump—**position!**"
- Review left and right facings.*
4. (Wide) Stride standing hand clapping behind knee and in front of face. Facing side of room. "(With a wide jump) feet sideways—**place!** Hand clapping behind knee and in front of face (cue), starting to left—**begin!** **Stop!** Position!"

*Review facings whenever the character of the exercise requires that the class face the side of the room.

5. Arm forward bend standing position.
6. Duck walk.
7. Arm raising sideways with deep breathing.

Demonstrate, then "Class—attention! Arms forward—bend! (Hands and elbows at shoulder level, palms down and elbows well back. Shoulders low.) Position!" Repeat two or three times, using the same signals.

With hands on hips and knees bent all the way, walk forward with short steps (either around the room, or up and down the aisles).

"Arm raising, etc.—one! Two!"

GRADE III.

Lesson 7.

1. Skipping.
2. Heel raising with placing hands on hips.
3. Arm bend standing "stretching."
4. Hip grasp stride standing stooping, touching opposite foot alternately with left and right hand.
5. Arm bending and stretching upward.
6. Hip grasp st. toe jumps forward ten times and return.
7. Deep breathing.

Each row twice around the room. Successive rows follow the preceding (on second round). Emphasize lightness and unison.

Heel raising with hands on hips (cue)—begin! And stop!
 "Arms—bend! Stretch up tall! Bring hands down slowly! Again—one! Two! Three! (First movement quick, the others slow.)

"Hands on hips and feet sideways—place! Stoop down and touch the right foot with the left hand (cue)—one! Return—two! Left foot with right hand—three! Four! Keep it up—begin! Stop! Position!" (A demonstration may be necessary the first time.)

"Arm bending and stretching upward (cue)—begin! Stop! Position!" (See that the arms are in line with the body, shoulder distance apart, palms facing in.)

Demonstration, then: "Hands on hips—place! Ready—go! (Children count aloud at first.) Turn around! Ready—go!" etc.

"Deep breathing—one! Two! (Or "In! Out!")

GRADE III.

Lesson 8.

1. Marching and halts.
2. Hip grasp stride standing knee bending.

As in lesson 6.

"Hands on hips and (with a jump) feet sideways—place! Slow knee bending—one! Two! (Body erect, lower back straight, knees well out.) Again, quickly—one! Two! Keep it up in slow time, quick movements, ready—begin! Stop! Position!"

3. Arm raising sideways, palms up, with backward moving of head. (Oblique formation.)

"Arm raising sideways, palms up, with backward moving of head (cue)—one! Two!" Repeat three or four times on (numeral) signal.

4. Knee-upward bending left and right with hand clapping behind knee and in front of face.

Demonstrate. Then: "Class—attention! With the left—begin! Stop! Right—begin! Stop! Position!"

5. Hip grasp stride standing forward bending of trunk (45°).

"Hands on hips and feet sideways—place! With a straight back, looking up, slow forward bending of trunk (cue)—one! Two!" Repeat two or three times on signal. "Position!"

6. Jumping over a ditch.

Each row runs around the room twice, and jumps (across fairly wide space marked by chalk lines), on the second round, later on each round. Successive rows follow on second round of preceding row. Jump from left, then right foot, landing lightly on both feet.

7. Deep breathing with hands on sides of chest.

GRADE III.

Lesson 9.

1. Running.
2. Rooster. Arm bend standing elbow wraising with heel raising and backward moving of head.
3. Hip grasp (narrow) stride standing stooping and return. (See description in lesson 5.)

As in lesson 4; emphasize lightness and rhythm.

"Arms—bend! Rooster flapping wings (cue), ready—begin! And stop! Position!"

"Hands on hips and (with a little jump) feet sideways—place! Stoop down and touch the floor (cue)—one! Return—two! Keep it up—begin! Stop! Position!"

4. Screw driver (Arm bend stride standing trunk twisting).

Demonstration, then: "Arms bend and feet sideways—place! Turn the screw to the right—begin! Stop! To the left—begin! Stop! Position!" This should be a vigorous trunk twisting all the way from one side to the other, emphasizing first the right, and then the left turn. The knees should be kept rigid and the hips squarely to the front.

5. Arm bending and stretching sideways and downward.

"Arm bending and stretching sideways and downward (cue)—begin! Stop!"

6. Hip grasp standing jumping on toes.

"Hands on hips—place! Jumping on toes (cue)—begin! Class halt!"

7. Deep breathing with turning of hands.

"Deep breathing with turning of hands (cue)—one! Two!"

GRADE III.

Lesson 10.

1. Skipping.
2. Arm flinging sideways with knee bending, heels off (oblique formation).

As in lesson 7.

"Arm flinging sideways with knee bending (cue)—begin! Stop!"

3. Neck grasp standing "stretching." "Hands on neck—**place!** Stretch up tall. Bring hands down slowly. Again, one! **Two! Three!**" (First movement quick, the others slow.)
4. Driving stakes. Demonstration: With feet apart and hands in front of one shoulder, bend and turn to one side as if swinging sledge hammer behind back. Swing over head and straight down vigorously with bending of knees. "Hands on right shoulder and feet sideways—**place!** Driving stakes, ready—**begin! Stop!** Hands on left shoulder! Again—**begin! Stop! Position!**"
5. Knee upward bending left and right, grasping knee. At the end of the upstroke grasp knee and pull it up toward chest. Upstroke is swift, down stroke moderate speed, setting foot down lightly, toe first on floor. Demonstrate, then: "With the left—**begin! Stop! Right—begin! Stop!**"
6. Arm forward bend standing arm flinging sideways. (See lesson 6.) "Arms forward—**bend! Arm flinging sideways—one! Two!** (Repeat only on signal, not more than three times.) **Position!**"
7. Hip grasp standing toe jumps sideways ten times and return. Demonstration, then: "Hands on hips—**place!** To left, ready—**go!** (Children count aloud at first.) To right, ready—**go! Position!**"
8. Deep breathing, with one hand on chest. "Place left (right) hand on chest. Deep breathing—**one! Two!**"

GRADE III.

Lesson 11.

1. Marching and halts. As in lesson 6. Emphasize lightness and a free, swinging stride.
2. Arm bending with heel raising. "Arm bending with heel raising (cue)—**begin! Stop!**"
3. Arm raising sideways-upward with chest expansion. Arm raising sideways-upward (cue)—**one! Two!** (Emphasize stretching up tall on one. Turn hands as arms pass shoulder level, without stopping.
4. Paddling, sitting on desks. Sitting on desks, facing back of room, feet fixed if possible. With hands about three feet apart, as if grasping paddle, turn and bend forward, with a downward-backward sweep of the arms. Demonstrate; then, "To right—**begin! Stop!** To left—**begin! Stop!**"
5. Stride standing alternate side bending of trunk with opposite arm raising to the vertical. With feet apart, bend directly sideways keeping head and shoulders squarely to the front. At the same time let the arm on the same side slide downward, and the other arm swing up to the vertical. Demonstration, then: "To the left—**begin! Stop!**"

6. Hip grasp forward walk toe standing position.

"Hands on hips and left foot forward—place! Heel raising—one! Two! (Hold "one" a long time. Repeat once or twice.) With a jump, feet—change! Heel raising—one! Two!"

7. Jumping over pointer.

Two rows at a time, running twice around the room, jumping each round. Jump from one foot, land on the other, and continue running. One row starts and is followed at the beginning of its second round by the next row.

8. Arm raising sideways, palms up, with deep breathing.

"Deep breathing, etc.—one! Two!"

GRADE III.

Lesson 12.

1. Running.

As in lesson 4. Emphasize high, springy step and free swing of the arms.

2. Stride standing arm bending with knee bending.

"Feet sideways—place! Arm bending with quick knee bending—one! Two! Keep it up in slow time, quick movements—begin! Stop! Position!"

3. Arm forward bend standing chest expansion.

"Arms forward—bend! Chest expansion—one! Two! Position!"

4. Jack-knife bend.

With feet widely apart bend down quickly and touch the floor, keeping the upper back and knees straight, head up. Return immediately to starting position, striking thighs with hands. Demonstration, then: "Feet sideways—place! Ready—begin! Stop! Position!"

5. Arm bending and stretching upward and downward.

"Arm bending and stretching upward and downward (cue)—begin! Stop!"

6. Cross cut sawing.

Every two rows face each other. Opposite children work together. Arms are raised and one foot is placed forward (long step). The sawing movement is a body swing and twist with arm stretching and alternate knee bending; one row starts backward and the opposite row forward. Demonstration, then: "Arms forward fling and left foot forward—place! Ready—begin! Stop! With a jump, feet—change! Again—begin! Stop! With facing to the front—position!"

7. Hip grasp standing jumping on toes with foot placing sideways.

"Hands on hips—place! Jump on toes, etc. (cue)—Begin! Class halt!"

8. Deep breathing with hands on sides of chest.

"Place hands on sides of chest. Deep breathing—one! Two!"

GRADE III.

Lesson 13.

1. Marching. Toe marching.

Zig-zag marching, as in lesson 6. "Class forward—march! On toes—march! Common step—march! Class halt!"

2. Arm flinging sideways with heel raising (oblique formation).

"Arm flinging sideways with heel raising (cue)—begin! Stop!"

3. Head grasp standing "stretching." "Hands on top of head—**place!** Stretch up tall, pressing head against hands. Bring hands down slowly. Again—**one! Two! Three!** (First movement quick, the others slow.)
4. Hip grasp standing stooping. (See lesson 5.) "Hands on hips—**place!** Stooping, touching floor (cue)—**one!** Return—**two!** Keep it up—**begin!** Stop! Position!"
5. Neck grasp stride standing quick trunk twisting all the way from one side to the other. Demonstrate, then: "Hands on neck and feet sideways—**place!** To the left—**begin!** (Mark time vigorously by crisp, sharp inflection.) Stop! Position!"
6. Arm bend standing (slow) forward bending of trunk (45° only). "Arms (cue)—**bend!** Forward bending of trunk (cue)—**one! Two!**" Repeat three or four times on (numeral) signal. Then: "Position!"
7. Boy Scout pace. (March 8 steps, run 8 steps.) Two rows at a time, twice around room. Demonstrate, then: "Boy Scout pace, forward—**march!**"
8. Arm bend standing slow arm stretching sideways with deep breathing. "Arms (cue)—**bend!** Slow arm stretching, etc., **one! Two!** Position!"

GRADE III.

Lesson 14.

1. Marching, accenting every third step. (Zig-zag.) Demonstrate before the rows turn for marching. Then: "Accenting every third step, class forward—**march!** Class halt!"
2. Stride standing arm flinging sideways with quick knee bending. (Oblique formation.) "Feet sideways—**place!** Arm flinging sideways with knee bending (cue)—**begin! Stop!**" (Retain stride standing position for next exercise.)
3. Neck grasp stride standing chest expansion with backward moving of head. "Hands on neck—**place!** Chest expansion, etc.—**one! Two!**" (Emphasize pressing elbows and head back as far as possible.)
4. Hip grasp standing knee upward bending left and right. Up stroke is swift, down stroke moderate speed, setting foot down lightly, toe first on floor. Demonstrate, then: "Hands on hips—**place!** With the left—**begin! Stop! Right—begin! Stop! Position!**"
5. Chopping a log. (See lesson 1.) Demonstrate, then: "Hands over the right shoulder and feet sideways—**place!** Ready—**begin! Stop! Position!**"
6. Arm bending and stretching upward and sideways. "Arm bending, etc. (cue)—**begin! Stop! Position!**"
7. Hip grasp standing hopping four times alternately left and right. Halt in two counts. Demonstrate, then: "Hands on hips—**place!** On left, ready—**go!** Class halt! Position!"
8. Low arm circling with deep breathing. Arms move forward-sideways on **one**, downward on **two**. "Low arm circling, etc. (cue)—**one! Two!**"

GRADE IV.

Lesson 1.

(Review standing and sitting on two counts.)

1. Marking time and marching.
2. Rooster. (Arm bend st. raising of elbows with heel raising and backward moving of head. See Grade II., lesson 7.)
3. Arm flinging sideways, palms up, with backward moving of head.
4. Picking up stones and tossing to one side.
5. Climbing ladder. (See Grade III., lesson 4.)
6. Hip grasp st. jumping on toes 10 times.
7. Deep breathing.

"Class—stand! Two!"

"Class—sit! Two!"

Each row twice around room, successive rows following on 2nd round of preceding row. "Mark time—march! Class halt! First row, forward—march! Next row, forward—march! Class halt!"

"Arms—bend!" Name exercise, with cue, then, after a pause: "Begin!" or "Ready—begin! Stop! Position!"

Name exercise, with cue, then: "Begin! Stop! At ease!"

Demonstrate (with feet slightly apart, stoop down and touch floor, bending knees and keeping back straight. Return to erect position with a twist to one side with a tossing movement of both arms). Then: "Class—attention! Feet sideways—place! Tossing stones to left—begin! Now to right! Stop! Position!"

Name exercise, with cue, then: "With right hand and left foot—begin! Class halt!"

Name the exercise, with cue, then: "Hands on hips—place! Ready—begin! Stop! (on 10th count). Position!"

"Deep breathing—one! Two!"

GRADE IV.

Lesson 2.

1. Running in place. Halt on 2nd count.
2. Stone crusher. (See Grade II., lesson 5.)
3. Rockets (oblique formation). (See Grade II., lesson 13.)
4. Wide stride st. hand clapping alternately behind left and right knee and in front of face.
5. Arm bending and stretching downward.
6. Stride standing alternate side-bending (sliding hand down the leg).
7. Standing jump for apple on low branch.
8. Deep breathing with turning of hands.

"Running in place, ready—go!"

"Class halt! At ease!"

Demonstrate (see fig.). Then: "Class—attention! Hands in front of chest and feet sideways—place! Ready—begin! Stop! Position! At ease!"

Demonstrate (later use cue method), then, after calling class to attention: "Ready—begin! Stop!"

"With a wide jump, feet sideways—place! Name the exercise, with cue, then: "To left—begin! Stop! Position!"

Name the exercise, with cue, then: "begin! Stop!"

"Feet sideways—place!" Name the exercise, with cue, then: "To left—begin! Stop! (As the erect position is reached) At ease!"

Demonstrate, call class to attention, then: "Ready—jump! Again—jump! Again—one! Two!"

Name exercise, with cue, then: "—one! Two!"

GRADE IV.

Lesson 3.

1. Marching, zig-zag (see p. —). Every other row faces back of room on signal: "Turn for marching! Class forward—march! Class halt!"
2. Hip grasp standing knee bending, heels off. "Hands on hips—place! Knee bending, heels leaving the floor (cue)—begin! Stop! Position! At ease!"
3. Scooping leaves. (See Grade II, lesson 6.) Demonstrate. Then: "Class—attention! Feet sideways—place! Ready—begin! Stop! Position!"
4. Review left and right facings on two counts, stopping on 1st. Also half left and right facings. "Spin on left heel and push with right toe (cue), stopping on the first count with tapping of toe (cue), class left face! Lift right foot and bring it to the left sharply—two!" Same reminders for right facing.
5. Arm flinging sideways, palms up. Name the exercise, with cue, then: "—one! Two! Again—one! Two! Continue in slow time, quick movements—begin! Stop! At ease!"
6. Sawing log with cross-cut saw. (See fig. —. Also Grade III, lesson 12.) Demonstrate, then face alternate rows and have them take starting positions informally, then: "Ready—begin! Stop!" Change positions informally, then: "Ready—begin! Stop! Position! At ease!"
7. Running leap over brook (jump from one foot, land lightly on the other). Each row runs around twice, jumping at the beginning of each round. Successive rows follow on 2nd round of preceding row. The last one or two rows jump at the end instead of the beginning of the round: "First row—attention! Ready—go! Next row, ready—go!"
8. Grasp sitting deep breathing. "Grasp corners of desks firmly! Deep breathing with backward moving of head—one! Two!"

GRADE IV.

Lesson 4.

1. Skipping. Each row twice around the room. Successive rows start at end of 1st round of preceding row. "First row, ready—go!"
2. Arm flinging sideways with heel raising (fairly fast rhythm). Name the exercise, with cue, then: "—begin! Stop!"
3. Head grasp standing "stretching." (See Grade III, lesson 5.) Imitation once or twice. Repeat three or four times on: "One! Two! Three!" First count quick, second and third very slow.
4. Driving stakes. (See fig. — and Grade II, lesson 7.) With class at ease demonstrate. Then: "Class attention! Hands on right shoulder and feet sideways—place! Ready—begin! Stop! Position!"
5. Hip grasp stride st. slow forward bending of trunk (45°). "Hands on hips and feet sideways—place! Forward bending of trunk—one! Two!" Repeat three or four times on (numeral) signals. Then: "With a jump, facing front of room—Position!"

6. Arm bending and stretching sideways.

7. Locomotive. (See Grade II., lesson 11.)

8. Arm raising sideways with deep breathing.

Name the exercise, with cue, then: "—begin! Stop! Position!"

With class at ease, demonstrate (later name the exercise, with cue), then:

"With right hand and left foot—begin! Class halt!" Rhythm slow at first, increasing gradually; halt on second count, in fundamental position.

Name the exercise, with cue, then: "One! Two!"

GRADE IV.

Lesson 5.

1. Marching (zig-zag) with accenting every 3rd step.

2. Hoisting flag (see fig. — and Grade II., lesson 11, exercise 2).

3. Arm raising sideways, palms up, with backward moving of head.

4. Jack knife bend. (See Grade III., lesson 12.)

5. Steering automobile (turning around) sitting on desk [or in cross-legged sitting position, if in gymnasium]. With hands in front, quick trunk twisting from left to right, return movement a little slower.

6. Hip grasp knee upward bend standing position.

7. Stride standing alternate side bending with opposite arm raising to vertical.

8. Hip grasp st. jumping on toes, halting on two counts. Deep breathing.

See lesson 3. "Class forward—march! Accenting every third step—begin! Class halt!"

First time demonstrate with class at ease (later name the exercise, with cue). Then: "Feet sideways—place! Ready—begin! Stop! Position!"

Name the exercise, with cue. Then: "—one! Two!" Repeat four or five times on (numeral) signal.

With class at ease, demonstrate (later use cue method). Then: "Class attention! Feet sideways—place! Ready—begin! Stop! Position!"

Pupils take position on desks informally. Demonstrate, then: "To the right—begin! Stop! To the left—begin! Stop!" Step down from desks informally.

"Hands on hips—place! Left knee upward—bend! Foot replace! Same with the right—one! Two!" Repeat two or three times, holding the position several seconds each time. Then: "Position!"

"Feet sideways—place!" Name the exercise, with cue, then: "To left—begin! Stop! (as erect position is reached) Position!" Slow rhythm, slow movements.

"Hands on hips—place! Jumping on toes (cue)—begin! Class halt! Position! Deep breathing—one! Two!"

GRADE IV.

Lesson 6.

1. Running.

Each row twice around the room, second row starting on the 2nd round of first row. "First row, ready—go! Next row, ready—go!"

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| <p>2. Placing hands on hips with heel raising.</p> <p>3. Neck grasp standing "stretching."
(See Grade III., lesson 10.)</p> <p>4. Hip grasp narrow stride st. stooping.</p> <p>5. Mowing with scythe. (See fig. — and Grade II., lesson 14.)</p> <p>6. About facing.</p> <p>7. Arm bending and stretching sideways and downward.</p> <p>8. Standing broad jump (over ditch).</p> | <p>Name the exercise, with cue; then: "—begin! Stop!"</p> <p>Imitation once or twice. Then repeat three or four times on "One! Two! Three!" First count quick, the others very slow.</p> <p>"Hands on hips, and, with a little jump, feet sideways—place! Stooping down, touching the floor—one! (Sit on heels, with back straight, but inclined forward. Look up.) Two! (Return to starting position.) Keep it up—begin! Stop! Position!"</p> <p>With class at ease, demonstrate (later use cue method). Then: "Feet sideways—place! To left—begin! Stop! To right—begin! Stop! Position!"</p> <p>With class at ease demonstrate, calling attention to details: first movement, right toe half a foot length behind and a little to left of left heel; second movement, turn to right, spinning on left heel and right toe. Then: "Class attention! About—face! Two!"</p> <p>Name the exercise, with cue, then: "—begin! Stop!"</p> <p>Successive rows follow each other as quickly as possible. (Two pupils may jump at once.) After jumping, run around room back to desks.</p> |
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GRADE IV.

Lesson 7.

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| <p>1. One march step forward. One step backward. Two march steps forward. Two steps backward.</p> <p>2. Hip grasp stride st. knee bending.</p> <p>3. Low arm circling, palms up, with backward moving of head.
(First part quick, second part slow.)</p> <p>4. Furling sail. (See fig. — and Grade II., lesson 13.)</p> <p>5. Arm forward bend st. pos.</p> | <p>"One step forward (cue)—march! One step backward (cue)—march! Two steps forward (cue)—march! Two steps backward (cue)—march!" On repetitions vary the number and direction of the steps.</p> <p>"Hands on hips and feet sideways—place! Quick knee bending (cue)—begin! Stop! Position!"</p> <p>Name the exercise, with cue, then: "—one! Two!" Repeat three or four times holding the first position while giving admonitions about head and arms.</p> <p>With class at ease, demonstrate (later use cue method). Then: "Feet sideways—place! Ready—begin! Stop! Position!"</p> <p>"Arms forward (cue)—bend! Position! Again—one! Two!" Repeat two or three times. See that elbows are well back (hands as far apart as possible), head high, hands and elbows at shoulder level, wrists straight.</p> |
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6. Hip grasp stride st. slow side bending all the way from one side to the other.

7. Running (hurdle) jump over pointer. (Jump from one foot, land lightly on the other and keep on running around room back to place.)

8. Grasp sitting deep breathing.

"Hands on hips and feet sideways—place! Bending from side to side (cue), to left—begin! Stop! (As erect position is reached) Position!"

See lesson 3, exercise 7.

See lesson 3, exercise 8.

GRADE IV.

Lesson 8.

1. Skipping with knee upward bending.

Each row twice around the room as previously.

2. Hip grasp st. heel raising with turning out of heels.

"Hands on hips—place! Heel raising with turning out of heels (cue)—begin! Stop! Position!"

3. Arm bend st. "stretching."

"Arms (cue)—bend! Stretch up tall! Bring hands down slowly, keeping "stretched." Again—one! Two! Three!" First movement quick, the others slow.

4. Building stone wall. (See Grade III., lesson 2.)

With class at ease, demonstrate (later merely name the exercise). Then: "Class—attention! Feet sideways — place! Ready—begin! Stop! Position!"

5. Screw driver (neck grasp stride st. trunk twisting all the way in one movement, accentuation first to right, then to left.)

Demonstrate (later merely name the exercise), call class to attention, then: "Hands on neck and feet sideways—place! Driving the screw in (quick twist to right, followed by a little slower return to left)—begin! Stop! Unscrewing (turning sharply to left, a little slower to right)—begin! Stop! Position!"

6. Hip grasp st. alternate foot placing sideways.

"Hands on hips—place! Left foot placing sideways (cue)—one! Two! Right—three! Four! Keep it up in slow time, holding each position at least a second, then moving quickly (cue), to left—begin! Stop! Position!"

7. Arm bending and stretching upward.

Name the exercise, with cue, then: "begin! Stop! Position!"

8. Hip grasp st. jumping on toes with foot placing sideways.

"Hands on hips—place! Jumping on toes, etc.—begin! Class halt! (stopping on 2nd count) Position!"

9. Deep breathing with hands on sides of chest.

"Put hands on sides of chest!" (informally, then:) Deep breathing—one! Two!"

GRADE IV.

Lesson 9.

1. Boy scout pace (zig-zag). "Boy Scout pace. (8 walking steps, alternating with 8 running steps), class forward—march! Class halt!"
2. Arm flinging sideways with knee bending, heels off. Name the exercise, with cue, then: "—begin! Stop!"
3. Neck grasp stride st. backward moving of head with chest raising. "Hands on neck and feet sideways—place! Backward moving of head with chest raising—one! Two! Again—one! Two!" Repeat two or three times more. Then: "Position!"
4. Hip grasp (narrow) stride st. stooping, touching opposite foot alternately on left and right hand. With class at ease, demonstrate (later use cue method). Then: "Hands on hips and (with a little jump) feet sideways—place! Touching right foot with left hand—begin! Stop! Position!"
5. Arm forward bend st. arm flinging sideways. "Arms forward (cue)—bend! Arm flinging sideways (cue)—one! Two!" Repeat three or four times, inspecting and correcting positions each time. Then: Position!"
6. Knee upward bending (several times) left, then right, grasping knee. "Left knee upward bending, grasping knee (cue)—begin! Stop! Now right—begin! Stop!"
7. Neck grasp stride st. bending from side to side. Slow rhythm. "Hands on neck and feet sideways—place! Side bending, all the way from one side to the other, to left—begin! Stop! (At erect position) Position!"
8. Hip grasp st. hopping four times alternately on left and right foot. Halt on 2 counts. Demonstrate exercise, including the halt. Then: "Hands on hips—place! On left—begin! Class halt!"
9. Deep breathing with turning of hands. "Turning of hands with deep breathing—one! Two!"

GRADE IV.

Lesson 10.

1. Running (short steps) with knee upward bending. Each row twice around the room as previously.
2. High arm circling, two counts, with backward moving of head. Name the exercise, with cue, then: "—one! (quick) Two!" (slow). Repeat three or four times, holding the first position several seconds and urging pupils to vigorous effort.
3. Paddling, sitting on desk (or from stride st. pos.) (See Grade III., lesson 11.) Pupils take position on desks informally. After demonstration, call class to attention, then: "On left side, ready—go! Stop! Now on right side—go! Stop! Step down and face front of room!"
4. Hip grasp st. heel raising and knee bending. "Hands on hips—place! Heel raising and knee bending (cue), four counts, even time—begin! Stop! Position!"
5. Arm bending and stretching. upward and downward. Name the exercise, with cue, then: "—begin! Stop!"

6. Hip grasp st. alternate foot placing forward.

"Hands on hips—place! Left foot forward (cue)—place! Foot replace! Same with right—one! Two! Again, left—one! Two! Right—three! Four! Keep it up in slow time (quick movements, holding positions), with left—begin! Stop! Positions!"

7. Arms side-horizontal st. toe jumps sideways, 4 jumps each way. Mutual support.

"Left (or right)—face! Two! Arms sideways—raise! Grasp hands! Four toe jumps to left, then four to right, then to left, etc., ready—go! Class halt! Position!"

8. Deep breathing with hand on chest.

"Put right hand on chest! Deep breathing—one! Two!"

GRADE IV.

Lesson 11.

1. One and two march steps sideways.

Demonstrate while class is seated. Then, when class has taken the fundamental standing position: "Class left (or right)—face! One step to left—march! Two steps to right—march! etc. Right—face! Two!" Later try one step alternately to left and right as a rhythmic movement, on signal: "Go!"

2. Arm bending with heel raising.

"Arm bending with (quick) heel raising (cue)—begin! Stop!"

3. Arms side-horizontal st. turning of hands with backward moving of head.

"Arms sideways (cue)—raise! Turning of hands with backward moving of head—one! Two!" Repeat three or four times. Then: "Position!"

4. Hip grasp st. stooping (touching floor), alternating with arm stretching downward.

"Hands on hips—place! Stoop down and touch floor (cue)—one! Two! Arm stretching downward (cue)—three! Four! Keep it up in even time, fairly fast—begin! Stop! Position!"

5. Neck grasp stride st. quick trunk twisting from one side to the other (rhythmic).

"Hands on neck and feet sideways—place! (quick) twisting from one side to the other (cue), to left—begin! Stop! Position!"

6. Hip grasp st. position on one foot, the other raised sideways; change in one movement (with a jump).

"Hands on hips—place! Left foot sideways—raise! Change feet with a jump (cue)—one! Two!" Repeat two or three times on each foot, holding each position several seconds.

7. Arm bending and stretching sideways and downward.

Name the exercise, with cue, then: "—begin! Stop!"

8. Running broad jump (over brook). Spring from one foot, land lightly on both feet.

Each row runs around room twice, as in lesson 3.

9. Grasp sitting deep breathing.

See lesson 3.

GRADE IV.

Lesson 12.

1. Toe touching sideways with placing hands on hips. Name the exercise, with cue, then: "To left—begin! Stop!"
2. Arm bending with knee bending, heels off. Name the exercise, with cue, then: "—begin! Stop!"
3. Head grasp st. "stretching." "Hands on head—place! Stretch up tall, pushing head against the hands! Bring hands down slowly while remaining "stretched." Again—one! Two! Three!" Repeat once or twice more.
4. Hip grasp st. knee upward bending left and right. (Stopping at the change.) "Hands on hips—place! Left knee upward bending (cue)—begin! Stop! Same with right—begin! Stop! Position!"
5. Hip grasp stride st. alternate side bending (on two counts to each side. Then try rhythmic). "Hands on hips and feet sideways—place! Side bending, to left—one! Two! To right—three! Four! Continue in slow time (two counts each side)—begin! Stop! Position!"
6. Forward bending of arms, then sideways and downward flinging. "Forward bending of arms (cue)—one! Arm flinging sideways (cue)—two! And downward—three! Again—one! Two! Three! (Hold each position a few seconds, inspect and correct.) Keep it up in slow, even time, quick movements—begin! Stop!"
7. Hip grasp st. jumping on toes with foot placing forward-backward (feet passing each other). Demonstrate (later use cue method). Then: "Class—attention! Hands on hips—place! Ready—begin! Class halt!" (Stop on second count, with feet together.)
8. High (slow) arm circling with deep breathing. Name the exercise, with cue, then: "—one! Two!"

GRADE IV.

Lesson 13.

1. Marching with accenting every 3rd and 5th step. Toe marching (zig-zag). See lesson 5.
2. Stride st. placing hands on hips with (quick) knee bending. "Feet sideways—place!" Name the exercise, with cue, then: "—begin! Stop! Position!"
3. Arm bend st. slow arm stretching sideways, palms up, with backward moving of head. "Arms (cue)—bend! Slow arm stretching, etc.—one! Two!" Repeat three or four times. Then: "Position!"
4. Horizontal rope pulling (pulling up anchor). Demonstrate (With one foot advanced, 1. reach forward with both hands, bending the forward knee; 2. pull back with the arms, bending the other knee and twisting at the waist.) Take starting position (informally). Then: "Ready — begin! Stop!" Same with right foot advanced. Then: "Position!"

5. Standing jump down (from chair) from left and right foot.
6. Arm bending and stretching diagonally upward and downward.
7. Neck grasp stride st. rhythmic alternate side bending, all the way in one movement.
8. Hip grasp st. hopping twice on each foot.
9. Deep breathing with hands on sides of chest.

Demonstrate, raising left foot on "One!" jumping from right foot on "Two!" landing lightly on toes with knee bending. On "Three!" straighten knees. On "Four!" lower heels. Then: "Up! Jumping from right foot—one! Two! Three! Four!" Same from left foot.

Name the exercise, with cue, then: "—begin! Stop!"

"Hands on neck and feet sideways—place! Bending all the way from one side to the other, to left—begin! Stop!" (as erect position is reached) "Position!"

"Hands on hips—place! Hopping twice on each foot (cue), on left—begin! Class halt! Position!"

See lesson 8.

GRADE IV.

Lesson 14.

1. Turning of hands with (quick) heel raising.
2. Hip grasp (wide) stride st. alternate knee bending. Two counts each side.
3. Arm raising sideways-upward with backward moving of head (turning the hands as the horizontal position is passed, without stopping).
4. (Wide) stride st. downward bending, touching floor (with a slight sweeping movement of arms, striking thighs on the return at first).
5. Neck grasp stride st. alternate (quick) rhythmic trunk twisting all the way in one movement.
6. Hip grasp st. knee upward bending left and right (several times on each side). Change without stopping.
7. Arm bending and stretching upward and downward.
8. Running high jump (over pointer). -Jump from one foot, land lightly on both feet.
9. Grasp sitting deep breathing.

Name exercise, with cue, then: "—begin! Stop!"

"Hands on hips and with a wide jump feet sideways—place! Left knee bending (cue)—one! Two! Right—three! Four! Again—one! Two! Three! Four! Keep it up in slow time, slow movements, to left—begin! Stop! Position!"

Name the exercise, with cue, then: "—one! Two!" Repeat three or four times, urging class to move arms well back and to "stretch up tall."

"With a wide jump, feet sideways—place!" Name the exercise, with cue, then: "Ready—begin! Stop! Position!" Urge pupils to look up and try to keep upper back straight. Face side of room.

"Hands on neck and feet sideways—place! Trunk twisting, etc. (cue), to left—begin! Stop! Position!"

"Hands on hips—place! Left knee upward bending (cue)—begin! Now right! Left! Right! Stop! Position!"

Name the exercise, with cue, then: "—begin! Stop!"

See lesson 3, exercise 7.

See lesson 3, exercise 8.

GRADE V.

Lesson 1.

1. Marching. Each row twice around the room. Successive rows follow on second round of preceding row. "First row, forward—march! Next row, forward—march!"
2. Placing hands on hips with heel raising. Name the exercise, with cue, then: "—begin! Stop!"
3. Turning of hands with backward moving of head and chest raising. Name the exercise, with cue, then: "—one! Two!"
4. Driving stakes. (See Grade II., lesson 7.) Demonstrate (later use cue method), call class to attention, then: "Hands on right shoulder and feet sideways—place! Ready—begin! Stop! Hand on right shoulder! Begin! Stop! Position!"
5. Knee upward bending left and right, grasping knee. (See Grade III., lesson 10.) Left knee upward bending, etc. (cue)—begin! Stop! Right—begin! Stop!"
6. Arm bending and stretching sideways. Name the exercise, with cue, then: "—begin! Stop! Position!"
7. Hip grasp standing jumping on toes. Hands on hips—place! Name the movements with cue, then: "Ready—begin! Class halt! Position!"
8. Deep breathing. "Deep breathing—one! Two!"

GRADE V.

Lesson 2.

1. Running. Each row twice around the room, as in marching. "First row, ready—go! Next row, ready—go!"
2. Hip grasp st. knee bending, heels off. "Hands on hips—place! Knee bending (cue)—begin! Stop! Position!"
3. Arm raising sideways, palms up, with backward moving of head (oblique formation). Name the exercise, with cue, then: "—one! Two!" Repeat three or four times on (numeral) signal.
4. Jack knife bend. (See Grade III., lesson 12.) Demonstrate, call class to attention, then: "Feet sideways—place! Ready—begin! Stop! Position!"
5. Hip grasp stride st. (rhythmic) side bending all the way in one movement. "Hands on hips and feet sideways—place! Slow side bending (all the way in one movement), to left—begin! Stop! (as vertical position is reached) Position!"
6. Arm forward bend st. position. (See Grade IV., lesson 7.) "Arms forward (cue)—bend! Position! Again—one! Two!" Repeat two or three times on (numeral) signal, holding the position several seconds while inspecting and calling attention to details.
7. Hip grasp st. hopping twice on each foot. "Hands on hips—place!" Name the exercise, with cue, then: "—on left—begin! Class halt! Position!"
8. Deep breathing with turning of hands. Name exercise, then: "—one! Two!"

GRADE V.

Lesson 3.

1. Review left and right facings on two counts, stopping on first. Remind class about details, with demonstration, while seated. Then, after class has stood up: "Right—face! Two! Left—face! Two!"
2. Hip grasp st. heel raising with turning out of heels. "Hands on hips—place!" Name the exercise, with cue, then: "—begin! Stop! Position!"
3. Arm bend st. backward moving of head with chest raising. Arms (cue)—bend! Backward moving of head with chest raising—one! Two!" Repeat three or four times on (numeral) signal. Then: "Position!"
4. Hip grasp narrow stride st. stooping (deep knee bending, touching floor). "Hands on hips and, with short jump, feet sideways—place! Stooping (touching the floor) and return—one! Two! Continue—begin! Stop! Position!"
5. Screw driver (from neck grasp—stride st. pos.). (See Grade III., lesson 8.) Demonstrate, then: "Class attention! Hands on neck and feet sideways—place! Turning the screw in (to right)—begin! Stop! Turning it out (to left)—begin! Stop! Position!"
6. Alternate foot placing sideways with placing of hands on hips. "Hands on hips and left foot sideways—place! Position! Same to right—one! Two! Again to left—one! Two! To right—three! Four! Keep it up in slow time (but quick movements, holding positions long)—begin! Stop!"
7. Running leap (over two lines) from left and right foot. (See Grade IV., lesson 3.) "First row, ready—go! Next row—go!" etc.
8. Grasp sitting deep breathing. See Grade IV., lesson 3.

GRADE V.

Lesson 4.

1. Marching with accenting every 3rd step. (Zig-zag.) See Grade IV., lesson 5.
2. Hip grasp stride st. knee bending. "Hands on hips and feet sideways—place! Quick knee bending (cue)—begin! Stop! Position!" While the movements are quick, positions should be well marked, making the rhythm fairly slow.
3. Low arm circling (quick), palms up, with backward moving of head (oblique formation). Name the exercise, with cue, then: "—one! Two!" Repeat three or four times, holding the position while inspecting and urging class to get head and arms well back and keep hands at shoulder level. Later make repetitions in slow rhythm.
4. Rowing, sitting on desk. Face class so that each pupil stands in front of his chair. Then: "To sitting positions on desks—up! Rowing, ready (pupils reach forward)—row! Stop!"
5. Weather vane (hands on neck), sitting on desk. (See Grade III., lesson 3.) "Hands on neck—place! Weather vane, to left—begin! Stop! Position! Down!"

- About facing (also practice left and right facing, two counts, without stopping on first).

Demonstrate, reminding class about details. Then: "Class attention! About—face! Two!" Repeat two or three times. Then demonstrate left and right facing in slow rhythm, but with quick movements. Have class count aloud at first.

- Hip grasp st. jumping on toes with foot placing sideways.

"Hands on hips—place!" Name the exercise, with cue, then: "—begin! Class halt! Position!"

- Deep breathing with hands on sides of chest.

"Put hands on sides of chest! Deep breathing—one! Two!"

GRADE V.

Lesson 5.

- Marking time and running in place, halting on 2 counts.

"Mark time—march! Double time—march! Class halt!"

- Arm flinging sideways with heel raising.

Name the exercise, with cue, then: "—begin! Stop!"

- Head grasp st. "stretching."

"Hands on head—place! Stretch up tall, pushing the head against the hands! Keep "stretched" while bringing the hands down slowly! Again—one! Two! Three! Repeat two or three times.

- Hip grasp st. stooping (deep knee bending, touching floor), alternating with arm stretching downward.

"Hands on hips—place! Stooping and return (cue)—one! Two! Arm stretching downward (cue)—three! Four! Continue in fairly fast time—begin! Stop! Position!"

- Stride st. (rhythmic) side bending (all the way in one movement) with opposite arm raising sideways to vertical.

"Feet sideways—place!" Name the exercise, with cue, then: "To left—begin! Stop!" (as erect position is reached).

- Alternate foot placing forward with placing of hands on hips.

"Hands on hips and left foot forward (cue)—place! Position! Same with right foot—one! Two! Again, left—one! Two! Right—three! Four! Keep it up in slow time (but with quick movements)—begin! Stop!"

- Arm bending and stretching sideways and downward (even rhythm).

Name the exercise, with cue, then: "—begin! Stop!"

- Standing broad jump (over 2 lines).

See Grade IV., lesson 6.

- Deep breathing with turning of hands.

"—one! Two!"

GRADE V.

Lesson 6.

- Marching and toe marching (zig-zag).

"Class forward—march! On toes—march! Common step—march! Class halt!"

2. Stride st. knee bending with placing of hands on hips. Feet sideways—**place!** Name the exercise, with cue, then: "**—begin! Stop! Position!**"
3. Arms side-horizontal st. turning of hands with backward moving of head. "Arms sideways—**raise!** Turning of hands with backward moving of head—**one! Two!**" Repeat three times, holding positions several seconds while inspecting and correcting details.
4. Paddling, sitting on desk (or from stride st. pos.). See Grade III., lesson 2.) "Left (right)—**face! Up!** Demonstrate, then: "On left side—**begin! Stop!** On right—**begin! Stop! Position! Down!**"
5. Hip grasp st. knee upward bending left and right (at first stopping at the change, later change without stopping). Demonstrate (later use cue method). Then: "Hands on hips—**place!** With left—**begin! Stop!** Right—**begin! Stop! Position!**"
6. Forward bending of arms, then sideways and downward flinging. "Forward bending of arms—**one!** Arm flinging sideways—**two!** And downward—**three!** Keep it up in slow, even time (quick movements)—**begin! Stop!**"
7. Hip grasp stride st. slow forward bending of trunk. "Hands on hips and feet sideways—**place!** Forward bending of trunk—**one! Two!**" Repeat three or four times on signal, holding position while inspecting and correcting details.
8. Hip grasp st. toe jumps sideways, four jumps each way. Demonstrate. Then: "Hands on hips—**place!** To left—**begin!** Class halt! **Position!**"
9. Deep breathing, one hand on chest. "Put right hand on chest! Deep breathing—**one! Two!**"

GRADE V.

Lesson 7.

1. Arm bending with heel raising. Name the exercise, with cue, then: "**—begin! Stop!**" (Rhythm moderate, movements quick, positions well marked by being held an instant.)
2. Neck grasp stride st. backward moving of head (and elbows) with chest raising. "Hands on neck and feet sideways—**place!** Backward moving of head with chest raising—**one! Two!**" Repeat three or four times on signal. Then: "**Position!**"
3. Arm bend st. stooping. "Arms (cue)—**bend!** Stooping and return (cue)—**one! Two!** Continue in fairly fast time—**begin! Stop! Position!**"
5. Arm bending and stretching upward. Name the exercise, with cue, then: "**—begin! Stop! Position!**"
6. Hip grasp toe st. march steps forward, each step on (numeral) signal. "Hands on hips—**place!** Heels—**raise!** March steps forward, left—**one!** Right—**two!**" Repeat eight or ten times, holding each position a few seconds. Then: "Heels—**sink!** (Rear foot to advanced foot) **Position!**"

7. Chopping a log. (See fig. —.)

8. Running broad jump (over two lines, jump from one foot, land lightly on both).

9. Grasp sitting deep breathing.

Demonstrate (Lean well over and turn to one side with the knee on that side bent. Swing arms toward opposite foot, with bending of knee of that side. The downward swing ends between the feet. At first practice 8 or 10 times on right side, then on left. Later alternate). Then: "Hands on right shoulder and feet sideways—place! Ready—begin! Stop! Hands on left shoulder! Begin! Stop! Position!" The change may also (later) be made without stopping, giving signal: "Now left!" as hands swing between feet.

Each row runs around room twice, jumping at beginning of each round. The last one or two rows jump at the end of each round. See Grade IV., lesson 3.

See Grade IV., lesson 3.

GRADE V.

Lesson 8.

1. Toe marching with knee upward bending. (Zig-zag.)

"Class, forward—march! On toes—march! Knee—upward bending (cue)—begin! Common step—march! Class halt!"

2. Forward bending, sideways flinging and slow sinking arms with backward moving head on second count. (Try repetitions in uneven rhythm.)

"Forward bending of arms (cue)—one! Arm flinging sideways—two! Slow sinking—three! Repeat—one! With backward moving of head—two! (Keep head well back)—three! Continue in uneven time (1st and 2nd counts quick, 3rd slow)—begin! Stop!"

3. Hip grasp stride st. forward-downward bending of trunk.

"Hands on hips and feet sideways—place! Forward bending of trunk (45°)—one! Two! Now forward-downward bending (go as far as possible with straight upper back)—one! Two!" Repeat two or three times on signal. Then: "Position!"

4. Arm bend stride st. quick trunk twisting all the way in one movement.

"Arms bent and feet sideways—place! Quick trunk twisting, etc. (cue), to left—begin! Stop! Position!"

5. Alternate foot placing sideways with hands on neck.

"Hands on neck and left foot sideways—place! Position! Same to right—one! Two! Again to left—one! Two! To right—three! Four! Continue in slow time, quick movements—begin! Stop!"

6. Hip grasp st. heel raising and knee bending.

"Hands on hips—place! Slow heel raising and knee bending—one! Two! Three! Four! Again, quick movements—one! Two! etc. Keep it up in slow, even time, all movements quick—begin! Stop! Position!"

7. Hip grasp stride st. alternate side bending, alternating with arm stretching downward.

"Hands on hips and feet sideways—**place!** (Slow) side bending, to left—**one! Two!** Quick arm stretching downward—**three! Four!** Same to right—**one! Two! Three! Four!** Keep it up in uneven time (first two counts slow, last two quick)—**begin! Stop! Position!**"

8. Jumping Jack.

"Jumping Jack (cue)—**begin!** Class halt!"

9. Deep breathing.

"Deep breathing—**one! Two!**"

GRADE V.

Lesson 9.

1. One and two march steps forward; one and two march steps sideways.

"One step forward (cue)—**march!** Two steps forward (cue)—**march!** Left (right)—**face!** One step to left (cue)—**march!** One step to right—**march!** Two steps to left (cue)—**march!**" etc.

2. Arm flinging sideways with knee bending, heels off.

Name the exercise, with cue, then: "**begin! Stop!**"

3. Neck grasp st. "stretching."

As in lesson 5, except that hands are behind neck, instead of top of head.

4. Mowing with scythe. (See fig. —).

Demonstrate (with arms raised forward about 45° and feet apart, swing arms from right to left with a slight forward bending from the hips, an easy twist of the body to right and quick return twist to left, and with slight bending of right, then left knee, advancing by short steps). Then: "Arms raise and feet sideways—**place!** Ready—**begin! Stop!**" Try using an imaginary left-handed scythe (the slow movements would then be to left, the quick to right.) Then: "Position!"

5. Hip grasp knee upward bend st. change on one count, with a jump.

"Hands on hips—**place!** Left knee upward—**bend!** Change feet with a jump—**one! Two!**" Repeat 4—6 times, holding each position several seconds. Stimulate class to show steadiness and good position.

6. Arm bend close st. forward bending of trunk (45°).

"Arm bend and feet (cue)—**close!** Forward bending of trunk—**one! Two!**" Repeat three or four times on signal, holding the forward bend position a few seconds each time while inspecting and correcting details. Then, with a cue for foot movement (or with verbal reminder about "tapping the toes"): "Position!"

7. Hip grasp sitting (on desk) rhythmic side bending all the way in one movement. (Or from stride st. pos., as in lesson 2.)

"To position on desks—**up!** Hands on hips—**place!** Side bending, etc., to left—**begin! Stop! Position! Down!**"

8. Hip grasp st. jumping on toes with foot placing forward-backward.

"Hands on hips—**place!** Jump on toes, etc. (cue)—**begin! Stop! Position!**"

9. Low arm circling with breathing.

Name the exercise, with cue, then: "**one! Two!**"

GRADE V.

Lesson 10.

1. Placing hands on neck with heel raising. "Name the exercise, with cue, then: "—begin! Stop!"
2. Arm bend st. slow arm stretching sideways, palms up, with backward moving of head. "Arms (cue)—bend! Slow arm stretching, etc.—one! Two!" Repeat three or four times on (numeral) signal. Then: "Position!"
3. Hip grasp narrow stride st. stooping, touching opposite foot alternately with left and right hand. "Hands on hips—place! Stoop down and touch right toe with left hand—one! Return—two! Now left toe with right hand—one! Two! Keep it up—begin! Stop! Position!"
4. Arm bending and stretching upward and downward (even rhythm). Name the exercise, with cue, then: "—begin! Stop!"
5. Hip grasp st. position on one foot, the other raised sideways; change on one count with a quick jump. "Hands on hips—place! Left foot sideways—raise! Change feet with a quick jump—one! Two!" Repeat 4—6 times, holding each position several seconds. Then: "Position!"
6. Hip grasp st. knee upward bending left and right. Unexpected changes. "Hands on hips—place! Knee upward bending, left—begin! (After 8—10 movements:) Now right! Left! Right! Stop!"
7. Breast stroke swimming (8 counts on each side). Demonstrate (on "one" thrust the arms forward with left forward charge; on "two" move the arms sideways with turning of palms backward, at the same time bending the right knee and straightening the left; on "three" repeat "one," drawing the arms in close to the body before thrusting them forward; on 8th count finish in fundamental position. Repeat with right foot advanced). Then: "Left—begin!" (or "go!")
8. Hurdle jump over pointer. (Running jump from one foot, landing on the other and continuing running.) See lesson 3.
9. Grasp sitting deep breathing. See Grade IV., lesson 3.

GRADE V.

Lesson 11.

1. Left and right facings followed by one march step sideways or forward. "Left face and one step to left—march! Right face and one step forward—march! Right face and one step to right—march! Left face and one step forward—march!" Vary direction of facing and side step. (First time demonstrate while class is seated.)
2. Stride st. arm flinging sideways with knee bending. "Feet sideways—place! Arm flinging sideways with quick knee bending—begin! Stop! Position!"

3. High arm circling with backward moving of head.

"Name the exercise, with cue, then: "—**one! Two!**" Repeat four or five times on signal. Have the first movements fairly quick, the second slow, turning hands as the horizontal position is passed (without stopping there).

4. Hip grasp stride st. forward-downward bending of trunk, alternating with arm stretching downward.

"Hands on hips and feet sideways—**place!** Forward-downward bending—**one! Two!** Arm stretching downward (cue)—**three! Four!** Continue in even time—**begin! Stop! Position!**"

5. Neck grasp stride st. quick twisting all the way in one movement.

"Hands on neck and feet sideways—**place!** Name the movement, with cue, then: "—**begin! Stop! Position!**"

6. Arm bending with alternate foot placing forward.

"Arms bend and left foot forward—**place!** Position! Same with right foot—**one!** **Two!** Keep it up in slow time (quick movements, hold positions) — **begin! Stop!**"

7. Stride st. alternate side bending with opposite arm raising sideways to vertical. Two counts each side.

"Feet sideways—**place!**" Name movement, with cue, then: "To left, with right arm up—**begin! Stop! Position!**"

8. Hip grasp st. four (quick) toe jumps forward and backward.

Demonstrate (later merely name the exercise). Then: "Hands on hips—**place!** Ready—**go!** Class halt! (Give class halt on 1st and 2nd count as class jumps forward. Class halts on 4th count). **Position!**"

9. Arm side-horizontal st. turning of hands with deep breathing.

"Arms sideways—**raise!** Turning of hands, etc.—**one! Two! Position!**"

GRADE V.

Lesson 12.

1. Marking time and running in place, changing from double to quick time on four counts.

Demonstrate change from running to marking time while class is seated. The fourth count is accented. Ask class to count aloud at first (beginning on the first step after the word—"march!"): "Mark time—**march!** Double time—**march!** (preferably as the right foot comes down). Quick time—**march!** (as the left foot strikes the floor). Class—**halt!**"

2. Hip grasp wide stride st. alternate knee bending, at first 2 counts each side, later all the way from one side to the other in one movement.

"Hands on hips and with a wide jump feet sideways—**place!** Left knee—**bend!** Stretch! Right knee—**bend!** Stretch! Again, left—**one! Two!** (Right) **Three! Four!** Keep it up in slow time—**begin! Stop! Position!**" Later: "Left knee—**bend!** Alternate knee bending all the way in one movement (cue)—**one!** Return—**two!** Keep it up in slow time, slow movements—**begin! Stop! Knee stretch! Position!**"

3. Arm bending and stretching sideways and slow sinking, with backward moving of head on second count. Repetitions in uneven rhythm, 1st and 2nd count quick, 3rd slow.
 4. Pulling up anchor. (See fig. — and Grade IV., lesson 13.)
 5. Hip grasp st. position on one foot, the other raised forward: quick change on one count, with a jump.
 6. Arm bending and stretching upward and sideways.
 7. Neck grasp stride st. rhythmic side bending all the way in one movement.
 8. Running high jump over pointer (spring from one foot, land lightly on both feet).
 9. Deep breathing with turning of hands.
- "Arm bending (cue if necessary)—**one!** Quick arm stretching sideways with backward moving of head—**two!** Slow sinking — **three!** Again — **one; Two! Three!** Keep it up in uneven time—**begin! Stop!**"
- Demonstrate, call class to attention, then: "Left foot forward—**place!** Ready—**pull!** (or **begin!**) **Stop!** With a jump, feet—**change!** Ready—**pull!** **Stop!** Position!"
- "Hands on hips—**place!** Left foot forward—**raise!** Change feet (with a jump) —**one! Two! Again—one! Two!**" Repeat three or four times. Then: "Position!"
- Name the exercise, with cue, then: "**—begin! Stop! Position!**"
- "Hands on neck and feet sideways—**place!** Side bending, etc., to left—**begin! Stop! Position!**"
- See lesson 3.
- Name the exercise, then: "**—one! Two!**"

GRADE V.

Lesson 13.

1. Left and right facings followed by one or two march steps sideways or backward. (After the first time, teach right and left facings on one count, then try one count facings with above march steps. Also use them whenever necessary to turn the class.)
 2. Arm bend st. arm stretching sideways with heel raising.
 3. Neck grasp stride st. backward moving of head (and elbows) with chest raising.
 4. Arm bend st. stooping (and return), alternating with arm stretching downward.
 5. Neck grasp sitting (on desk) trunk twisting (to left and forward, then to right and forward) first slow, then quick. Repetitions in slow rhythm, but quick movements, positions will be sustained.
- "Left (right) face and one step to right (left)—**march!** Right (left) face and two steps backward—**march!**" etc. Use cue method—do the movements while naming them (the first time) to indicate rhythm and character.
- "Arms (cue)—**bend!** Arm stretching sideways with heel raising (cue)—**begin! Stop! Position!**"
- "Hands on neck and feet sideways—**place!** Backward moving of head, etc.—**one! Two!**" Repeat three or four times on signal, then: "Position!"
- "Arms—**bend!** Stoop down (touching floor)—**one!** Return with arm bending—**two!** Arm stretching downward (cue)—**three! Four!** Keep it up in even, fairly fast time—**begin! Stop! Position!**"
- "Up! Hands on neck—**place!** Trunk twisting, to left—**one!** Forward—**two!** To right—**three! Four!** Again, quick movements—**one! Two! Three! Four!** Keep it up in slow time, quick movements—**begin! Stop! Position! Down!**"

6. Arm bending and stretching sideways, followed by arm flinging downward. Repetitions in slow, even rhythm, quick movements.
7. Hip grasp st. jumping on toes alternately to left and right (feet together).
8. Running in place with knee-upward bending. Change to marking time on four counts.
9. Deep breathing.

Arm bending and stretching sideways (cue)—**one! Two!** Arm flinging downward—**three!** Keep it up in slow, even time, quick movements—**begin! Stop!**"

"Hands on hips—**place!**" Name the jump, with cue, then: "To left—**begin!** Class halt! **Position!**"

"Run in place with knee-upward bending—**begin!** Mark time—**march!** Class halt!"

"Deep breathing—**one! Two!**"

GRADE V.

Lesson 14.

1. Marching (zig-zag) with long and short (half) steps.
2. Hip grasp st. heel raising and knee bending (four counts).
3. Arm bending and stretching upward and sinking sideways-downward with backward moving of head on 2nd count. Repeat in uneven rhythm, 1st and 2nd count quick, 3rd count slow.
4. Arm bend stride st. forward-downward bending of trunk, alternating with arm stretching downward.
5. Alternate foot placing forward with hands on neck.
6. Hip grasp st. alternate knee-upward bending.
7. Catching ball overhead and throwing to 1st base.
(1) Quick heel raising with arm flinging over head; (2) followed by throw, stepping forward with opposite foot; (3) return to fund. pos. by bringing rear foot to the advanced foot. Right and left.)

"Class forward—**march!** Long steps—**march!** Half step—**march!** Common step—**march!** Class halt!"

"Hands on hips—**place!** Heel raising and knee bending (cue)—**begin!** Stop! (Slow rhythm, but quick movements) **Position!**"

"Arm bending and stretching upward (cue)—**one! Two!** Slow sinking sideways-downward (cue)—**three!** Again—**one!** With backward moving of head—**two! Three!** Keep it up in uneven time—**begin!** Stop!" Try to keep head back all the time, with special effort on 2nd count. Arms well back during 2nd and 3rd movements. Hands turn as arms pass horizontal (without stopping).

"Arms bend and feet sideways—**place!** Forward-downward bending—**one! Two!** Arm stretching downward (cue)—**three! Four!** Keep it up in even, moderate time—**begin!** Stop! **Position!**"

"Hands on neck and left foot forward (cue)—**place!** **Position!** Same with right—**one! Two!** Again, left—**one! Two!** Right—**three Four!** Continue in slow time, quick movements (hold positions long)—**begin!** Stop!"

"Hands on hips—**place!** Alternate knee upward bending (cue)—**begin!** Class halt! **Position!**"

Demonstrate. Then: "**one! Two! Three!** Keep it up—**begin!** Stop! Now left hand throw—**one! Two! Three!** Continue—**begin!** Stop!"

8. Hip grasp st. pos. on one foot, the other raised sideways: cut step sideways.

"Hands on hips—place! Left foot sideways—raise! Cut step sideways (cue)—begin! Class halt! (on second count, with feet together). Heels—sink! Position!"

9. Low arm circling, palms up, with breathing.

Name the exercise, with cue, then: "—one! Two!"

GRADE VI.

Lesson 1.

1. Marching (zig-zag). Halts. Toe marching.

"Class forward—march! On toes march! Common step—march! Class halt!"

2. Hip grasp stride st. knee bending. (Review left and right facings on two counts, stopping on 1st. Later complete in slow rhythm, quick movements.)

"Hands on hips—place! Quick knee bending—begin! Stop! Position!"

3. Arm raising sideways, palms up, with backward moving of head.

Name the exercise, with cue, then: "—one! Two! Repeat four or five times on signal.

4. Wide stride st. hand clapping behind knee and in front of face.

"Hands on hips and with a wide jump feet sideways—place!" Name the exercise, with cue, then: "—begin! Stop! Position!"

5. Hip grasp st. knee—upward bending left and right, stopping at the change.

"Hands on hips—place! Left knee upward bending (cue)—begin! Stop! Right—begin! Stop! Position!"

6. Arm bending with heel raising.

Name the exercise, with cue, then: "—begin! Stop!"

7. Steamboat (arms side horizontal stride st. side-and-knee bending).

"Arms sideways fling and, with a wide jump, feet sideways—place! Steamboat (cue)—begin! Stop! (as erect position is approached). "Position!"

8. Running leap (over two lines). Spring from one foot, land on the other and continue running several steps.

See Grade IV., lesson 3.

GRADE VI.

Lesson 2.

1. Running. (Review about facing, stopping in 1st position, also half facings left and right, stopping in 1st position.)

One row at the time twice around the room. Successive rows follow at end of first round of preceding row. "First row—attention! Ready—go! Next row, ready—go!"

2. Raising the flag. (See Grade II., lesson 11.)

"Feet sideways—place! Raising the flag (cue)—begin! (or "pull!") Stop! Position!"

3. Head grasp st. "stretching."

See Grade II., lesson 5.

4. Hip grasp stride st. forward-downward bending, alternating with arm stretching downward.

5. Arm bend stride st. quick trunk twisting all the way from one side to the other.

6. Hip grasp st. position on one foot, the other raised sideways; change feet with a jump.

7. Arm bending and stretching sideways, even rhythm.

8. Hip grasp st. jumping on toes, first without, then with foot placing sideways.

9. Deep breathing.

"Hands on hips and feet sideways—place! Forward-downward bending—one! Two! Arm stretching down (cue)—three! Four! Continue in even time—begin! Stop! Arms (cue) bend!" (This gives starting position for next exercise.)

"Quick trunk twisting to left—one! To right—two! Keep it up in slow time, quick movements—begin! Stop! Position!"

"Hands on hips—place! Left foot sideways—raise! Change feet with a jump—one! Two! Repeat 3—5 times, holding positions varying lengths of time, thus making the changes unexpected.

Name the exercise, with cue, then: "—begin! Stop! Position!"

"Hands on hips—place! Jumping on toes (cue)—begin! Class halt! Same with foot placing sideways (cue)—begin! Class halt! Position!"

"—one! Two!"

GRADE VI.

Lesson 3.

1. Placing of hands on hips with heel raising.
(Half left and right facings complete in slow rhythm, quick movement.)

2. Low arm circling, palms up, with backward moving of head and chest raising.

3. Driving stakes. (See Grade III, lesson 10.)

4. Forward bending and side flinging of arms.

5. Hip grasp st. heel raising and knee bending in even rhythm.

6. Arm bend st. slow forward bending of trunk (45°).

Name the exercise, with cue, then: "—begin! Stop!"

Name exercise, with cue, then: "—one! Two! Repeat four or five times on signal. First movement quick, second slow. Hold position a few seconds, urging class to "stretch." Arms well back and at shoulder level. Shoulders low.

"Hands on left shoulder and feet sideways (cue) "—place!" Driving stakes (cue) "—begin!" After six or eight repetitions: "Now right! (at the end of stroke). And stop! Position!"

"Arms forward (cue) "—bend! Arm flinging sideways—one! Two! Position! Again (on four counts)—one! Two! Three! Four! Keep it up in slow, even time, quick movements—begin! Stop!"

"Hands on hips—place! Heel raising and knee bending, etc.—begin! Stop! Position!" Quick movements, each position well sustained.

"Arms—bend! Forward bending of trunk —one! Two!" Repeat three or four times on signal. Hold position while inspecting and correcting details.

7. Hip grasp stride st. alternate side bending (2 counts each side). On signal once or twice, followed by rhythmic repetitions. "Hands on hips and feet sideways—place! Side bending, to left—one! Two! To right—three! Four! Again—one! Two! etc. Keep it up in slow time, slow movements—begin! Stop! Position!"
8. Running jump, touching pointer. See Grade IV., lesson 3.
9. Turning of hands with deep breathing. Name exercise, with cue, then: "—one! Two!"

GRADE VI.

Lesson 4.

1. Marching (zig-zag) with accenting of every 3rd step. Also toe marching. "Class forward—march! Accenting every 3rd step—begin! On toes—march! Class halt!"
2. Hip grasp st. knee bending, heels off. "Hands on hips—place! Knee bending (cue)—begin! Stop! Position!"
3. Neck grasp st. backward moving of head with chest raising. (Left, right and half facings in one movement. To be used in that form whenever needed.) "Hands on neck—place! Backward moving of head (and elbows) with chest raising—one! Two!" Repeat three or four times on signal.
4. Arm bend stride st. forward-downward bending, alternating with arm stretching sideways. "Arms bend and feet sideways—place! Forward-downward bending—one! Two! Arm stretching sideways (cue)—three! Four! Keep it up in even time—begin! Stop! With facing to front—Position!"
5. Neck grasp stride st. quick trunk twist all the way from one side to the other. "Hands on neck and feet sideways—place! Trunk twisting to left—one! To right—two! Keep it up in slow time, quick movements—begin! Stop! Position!"
6. Hip grasp st. knee upward bending left and right. Change without stopping. "Hands on hips—place! Left knee upward bending (cue)—begin!" After 6—8 repetitions: "Now right! Stop! Position!"
7. Arm bending with alternate foot placing sideways. "Arms bend and left foot sideways—place! Position! Same to right—one! Two! Again to left—one! Two! To right—three! Four! Keep it up in slow time, quick movements—begin! Stop! Position!"
8. Jumping Jack. "Jumping Jack (cue) — begin! Class halt!"
9. Deep breathing with hands on sides of chest. "—one! ' Two!"

GRADE VI.

Lesson 5.

1. Marking time and running in place. Change to quick time on four counts. "Mark time—march! Double time—march! Quick time—march! (Say "march" as left foot strikes the floor. Class begins to count on next step.) Class halt!"

2. Arm bending with heel raising.
3. Forward bending, sideways flinging and slow sinking of arms with backward moving of head. Try repetitions in uneven rhythm.
4. Furling sail. (See Grade II., lesson 13.)
5. Review about facings in slow rhythm, but quick movements.
6. Stride st. arm flinging sideways with quick knee bending.
7. Arm bend stride st. alternate side bending (2 counts each side). On signal once or twice followed by repetitions in slow rhythm.
8. Running broad jump (over 2 lines). Spring from one foot, land lightly on both feet.
9. Grasp sitting deep breathing.

Name the exercise, with cue, then: "—begin! Stop!"

"Forward bending of arms (cue)—one! Arm flinging sideways with backward moving of head—two! Slow sinking—three! Again—one! Two! Three!" Repeat two or three times more, or try in rhythm.

"Feet sideways—place! Furling sail (cue)—begin! Stop!" (Use demonstration method if necessary.)

About face! Let class count aloud at first, speaking the numerals in a sharp, crisp manner. Say the word "hold" between the "one" and "two" a few times.

"Feet sideways—place! Arm flinging, etc.—begin! Stop! Position!"

"Arms bend and feet sideways—place! Side bending, to left—one! Two! To right—three! Four! Keep it up in slow time, slow movements—begin! Stop! Position!"

See Grade IV., lesson 3.

See Grade IV., lesson 3.

GRADE VI.

Lesson 6.

1. Right and left facings followed by one or two march steps sideways or forward.
2. Hip grasp st. heel raising and knee bending in even rhythm.
3. Neck grasp st. "stretching."
4. Chopping a log. (See Grade III., lesson 1, or Grade V., lesson 7.)
5. Arm flinging sideways with alternate foot placing forward.

"Left face and one step to right (cue)—march! Right face and one step forward (cue)—march! Right face and two steps to right (cue)—march!" etc.

"Hands on hips—place!" Name movement, with cue, then: "—begin! Stop! Position!"

"Hands on neck—place! Stretch up as tall as possible! Bring hands down slowly while trying to stay "stretched." (Use imitation more or less for 2nd and 3rd part). Again—one! Two! Three!" Repeat once or twice more.

"Hands on right shoulder and feet sideways—place! Chopping a log (cue)—begin! Stop! Position!" Lean well over to each side on the back swing. Make downstroke as diagonal as possible, changing the direction to straight downward only at the last moment. Alternate left and right at once, if class is able to do so. Use demonstration method if necessary.

"Arms sideways fling and left foot forward—place! Position! Same with right foot—one! Two! Again left—one! Two! Right—three! Four! Continue in slow time, quick movements—begin! Stop!"

6. Hip grasp st. position on one foot, the other raised forward. Change feet with a jump.

7. Arm bending and stretching upward.

8. Hip grasp st. jumping on toes with foot placing forward-backward.

9. Deep breathing.

"Hands on hips—place! Left foot forward—raise! Change feet with a jump—**one! Two!**" Repeat 4—6 times on signal, holding positions varying lengths of time. Then: "Position!"

"Arm bending, etc.—begin! Stop! Position!"

"Hands on hips—place!" Name the movement, with cue, then: "—begin! Class halt! Position!"

"—one! Two!"

GRADE VI.

Lesson 7.

1. Arm bend st. arm stretching sideways with heel raising.

2. Alternate foot placing sideways with hands on hips, and knee bending.

3. High arm circling (2 counts) with backward moving of head.

4. Arm bend st. stooping, alternating with arm stretching downward.

5. Hip grasp stride st. alternate heel raising (2 counts each side the first time, later all the way in one movement).

6. Paddling, sitting on desks, or from kneeling position on one knee or both. (See Grade III, lesson 11.)

7. Arm bending and stretching sideways and downward.

8. Running high jump (over pointer).

9. Turning of hands with deep breathing.

"Arms (cue)—bend! Arm stretching sideways, etc.—begin! Stop! Position!"

"Hands on hips and left foot sideways—place! Knee bending—**one! Two!** Left foot to the right—Position! Same to right on four counts—**one! Two! Three! Four!** Keep it up in slow, even time, quick movements, holding positions—begin! Stop!"

Name the exercise, with cue, then: "—**one! Two!** Repeat 3—5 times on signal. Quick upward movement, slow downward movement, turning the hands as shoulder level is passed, without stopping.

"Arms—bend! Stooping (and return)—**one! Two!** Arm stretching downward (cue)—**three! Four!** Continue in even, fairly fast time—begin! Stop! Position!"

"Hands on hips and feet sideways—place! Alternate heel raising, left—**one! Two!** Right—**three! Four!** Keep it up in slow time, fairly quick movements—begin! Stop! With a jump—position!" (Later "Left heel—raise! Alternate heel raising, all the way over to right—**one!** To left—**two!** Keep it up in slow time, slow movements—begin! Stop! Position!"

"Right (left)—face! Up! Paddling (cue) on left—go! Stop! On right—go! Stop! Position! Down!"

Name exercise, with cue, then: "—begin! Stop!"

See Grade IV., lesson 3.

"—one! Two!"

GRADE VI.

Lesson 8.

1. Hip grasp standing alternate toe raising. "Hands on hips—place! Alternate toe raising (cue)—begin! Class halt! Position!"
2. Arm flinging sideways with knee bending, heels off. Name exercise, with cue, then: "—begin! Stop!"
3. Arm forward bend (close) standing backward moving of head. "Arms forward (cue)—bend! (or "arms forward bend and feet (cue)—close!") Backward moving of head with chest raising—one! Two!" Repeat three or four times.
4. Hip grasp (wide) stride standing downward bending, touching floor alternately with left and right hand. (Keeping knees and upper back straight.) "Hands on hips and, with a wide jump, feet sideways—place! Downward bending, touching the floor first with left, then with right hand—begin! Stop! Position!"
5. Arm bending and stretching upward and downward. Name exercise, with cue, then: "—begin! Stop!"
6. Hip grasp standing alternate knee upward bending. (As one foot strikes floor the other leaves it. Knee is raised as high as possible, foot well forward.) "Hands on hips—place! Alternate knee upward bending (cue)—begin! Class halt!" Class stops on second count, with feet together. During the movement urge high knee action, foot well forward, directly under the knee. Ask for lightness of step.
7. Neck grasp stride standing alternate side bending (2 counts each side). On signal once or twice, then repeat in slow rhythm. Slow movements. "Hands on neck and feet sideways—place! Side bending to left—one! Two! To right—three! Four! Continue in slow time, slow movements—begin! Stop! Position!"
8. Hip grasp standing jumping on toes with foot placing sideways and crossing of feet. "Hands on hips—place!" Name movement, with cue, then: "—begin! Class halt!" Class stops on 2nd count, with feet together.) If necessary give one round on signal.
9. Arm raising sideways, palms up, with deep breathing. Name exercise, with cue, then: "—one! Two!"

GRADE VI.

Lesson 9.

1. About facing and one march step forward. Left and right facing and two steps sideways. "About face and one step forward—march! Left (right) face and one step to right (left)—march!" etc.
2. Hip grasp stride standing alternate heel raising (all the way in one movement). "Hands on hips and feet sideways—place! Left heel—raise! Alternate heel raising, all the way to right—one! To left—two! Continue in slow time, slow movements—begin! Stop! Heel—sink! Position!"
3. Arm bend standing slow arm stretching upward with backward moving of head. "Arms (cue)—bend! Slow arm stretching upward with backward moving of head—one! Two!" Repeat 3—5 times on signal, then: "Position!"

4. Hip grasp standing stooping, alternating with placing hands on neck.
5. Arm bend stride standing alternate trunk twisting (2 counts each side). On signal once or twice, first slow, then quick movements. Repeat in slow rhythm, quick movements.
6. Rowing, sitting on desks (see Grade III., lesson 3), followed by jumping down, first from left, then from right foot, landing lightly.
7. Arm bending and stretching sideways, followed by arm flinging downward. Slow, even rhythm, quick movements.
8. Hip grasp standing position on one foot, the other raised sideways; cut step sideways.
9. Deep breathing with backward moving of head.

"Hands on hips — place! Stooping (touching floor) and return—one! Two! Placing hands on neck and return—three! Four! Keep it up even, fairly fast time—begin! Stop! Position!"

"Arms bend and feet sideways—place! Trunk twisting to left (slow, later quick)—one! Two! To right—three! Four! Keep it up in slow time, but quick movements—begin! Stop! Position!"

"Up!" Rowing, ready (pupils reach forward)—row! Stop! Position! Stand up, facing side of room! Jump from right foot, raising left—down! (Light landing on toes, bending knees half way.) About face! Up! Now from left foot, raising right—down!"

Name exercise, with cue, then: "—begin! Stop!"

"Hands on hips—place! Left foot sideways—raise! Cut step sideways (cue)—begin! Class halt! (On second count, with feet together.)

"—one! Two!"

GRADE VI.

Lesson 10.

1. Arm bending with alternate foot placing sideways.
2. Arm flinging forward with knee bending, heels off.
3. Head grasp st. "stretching." (See Grade III., lesson 5.)
4. Hip grasp st. alternate knee upward bending.
5. Arm bend stride st. trunk twisting all the way, alternating with arm stretching downward.

"Arms bend and left foot sideways—place! Position! Same to right—one! Two! Again to left—one! Two! To right—three! Four! Keep it up in slow time, quick movements, holding positions—begin! Stop!"

Name exercise, with cue, then: "—begin! Stop!"

"Hands on head—place! Stretch up as strongly as possible! Let hands drop slowly to sides while keeping back and head "stretched." Again—one! Two! Three! Repeat once or twice more.

"Hands on hips—place! Alternate knee upward bending (cue)—begin! Class halt! Position!" Urge high knee action, foot well forward. Not too fast rhythm.

"Arms bend and, with a jump, feet sideways—place! Trunk twisting, to left—one! Quick arm stretching downward (cue)—two! (Arm bending)—three! Quick twisting to right—one! Arm stretching downward—two! Three! Continue in slow, even time, quick movements—begin! Stop! Position!"

6. Neck grasp st. position on one foot, the other raised sideways. Change feet with a jump.

"Hands on neck—**place!** Left foot sideways—**raise!** Change feet with a jump—**one! Two!** Again—**one! Two!**" Repeat 2—4 times more, holding positions varying lengths of time, making changes unexpected.

7. Arm forward bend close st. forward bending of trunk.

"Arms forward bend and feet (cue)—**close!** Forward bending of trunk—**one! Two!** Again—**one! Two!**" Repeat once or twice more, urging class to keep back straight. "**Position!**"

8. Jump in place with arm flinging forward-upward.

Demonstrate (on "**one!**" rise on toes and raise arms forward; on "**two!**" swing arms quickly down and overhead, at the same time jumping straight upward as high as possible, landing with hands at sides, on toes, and with knee bending to about 90° angle; on "**three!**" straighten knees; on "**four!**" lower heels). "**Ready — one! Two! Three! Four!**"

9. Deep breathing with hands on sides of chest,

"**—one! Two!**"

GRADE VI.

Lesson 11.

1. Marching on toes, change to skipping with knee upward bending.

"Forward — march! On toes — march! Skipping—**begin!** Common step—march! Class halt!"

2. Hip grasp (wide) stride standing alternate knee bending all the way from one side to the other in one movement.

"Hands on hips and with a wide jump, feet sideways—**place!** Left knee—**bend!** Alternate knee bending, all the way over to the right—**one!** To left—**two!** Continue in slow time, slow movements—**begin! Stop! Position!**"

3. Arm bending and stretching upward and slow sinking sideways-downward with backward moving of head (on second count). Repeat in uneven rhythm, first and second counts quick, third count slow.

"Arm bending—**one!** Quick arm stretching upward, with backward moving of head—**two!** Slow arm sinking sideways-downward, turning hands at shoulder level, without stopping (cue)—**three!** Again—**one! Two! Three!**" Repeat two to four times more.

4. Alternate foot placing sideways with hands on hips, and forward-downward bending (to and if possible beyond horizontal, but always with straight upper back).

"Hands on hips and left foot sideways—**place!** Forward-downward bending—**one! Two!** Position! Same to the right on four counts—**one! Two! Three! Four!** Keep it up in even time—**begin! Stop!**"

5. Neck grasp sitting alternate trunk twisting (to left and forward, then to right and forward). Repeat in slow rhythm, quick movements. (Jump from seat, springing from both feet.)

"**Up!** Hands on neck—**place!** Trunk twisting, to left—**one!** (Forward)—**two!** To right—**three! Four!** Again, quick movements—**one! Two! Three! Four!** Keep it up in slow time, quick movements—**begin! Stop! Position!** Stand on edge of chair! Jumping from both feet—**down!**"

6. Hip grasp toe standing knee bending. First slow, then quick movements on signal. Then in rhythm, quick movements.

7. Arm bend stride standing alternate side bending, alternating with arm stretching downward. Repetitions in uneven time, first and second count slow, third and fourth quick.

8. Hip grasp standing jumping on toes with foot placing forward-backward and together.

9. Arm raising sideways with deep breathing.

"Hands on hips—place! Heels—raise! Knee bending—one! Two! Again, quick movements—one! Two! Keep it up in slow, even time, quick movements—begin! Stop! Heels—sink! Position!"

"Arms bend and feet sideways—place! Slow side bending, to the left—one! Two! Quick arm stretching downward (cue)—three! Four! To right—one! Two! (Arm stretching)—three! Four! Keep it up in uneven time—begin! Stop! Position!"

"Hands on hips—place!" Name the movement, with cue, then: "—left forward, right backward—one! Together—two! Right forward, left backward—three! Four! Keep it up—begin! Class halt! Position!"

Name the exercise, with cue, then: "—one! Two!"

GRADE VI.

Lesson 12.

1. Arm bending with knee bending, heels off.

2. Alternate foot placing forward with hands on neck.

3. Arm flinging forward, sideways (palms up) and downward. Repeat in slow even rhythm, quick movements.

4. Neck grasp stride standing forward-downward bending (on signal only).

5. Catching wide throw at first base and throwing to catcher at plate. Right and left.

6. Hip (or neck) grasp standing position on one foot, the other raised forward. Change feet with a jump.

Name exercise, with cue, then: "—begin! Stop!"

"Hands on neck and left foot forward—place! Position! Same with the right foot—one! Two! Again, left—one! Two! Right—three! Four! Keep it up in slow time, quick movements—begin! Stop!"

"Arm flinging forward (cue)—one! Sidesways, palms up, with backward moving of head—two! Downward (without striking)—three! Again—one! Two! Three! Keep it up in slow, even time, quick movements—begin! Stop!"

"Hands on neck and feet sideways—place! Forward-downward bending (as far as possible with straight upper back)—one! Two!" Repeat three or four times.

Demonstrate (Facing side of room. 1) Take wide step to right with a sharp twist, a slight forward and side-bending of trunk and with the arms stretched in that direction slightly below shoulder level, hands cupped to receive ball. 2) follow immediately by a throwing movement diagonally to left, transferring body weight to left foot. 3) Return to fundamental position, bringing right foot to the left) then: "Ready—one! Two! Three! Keep it up in uneven time—begin! Stop!" Repeat on other side.

"Hands on hips (neck)—place! Left foot forward—raise! Change feet with a jump—one! Two!" Repeat three to five times, making changes as unexpected as possible.

7. Arm bending and stretching upward and flinging sideways-downward. Even rhythm, quick movements.

8. Standing jump over pointer.

9. Grasp sitting deep breathing.

"Arm bending (cue)—one! Arm stretching upward—two! And flinging sideways-downward (cue)—three! Again—one! Two! Three! Keep it up in slow, even time, quick movements—begin! Stop!"

Successive rows follow each other as quickly as possible. After jumping, pupils run around back to desks. (If feasible two may jump at the same time.)

"—one! Two!"

GRADE VI.

Lesson 13.

1. Hip grasp standing (quick) side stepping alternately to left and right.

2. Arm forward bend stride standing arm flinging sideways with quick knee bending.

3. Arms overhead standing stretching.

4. Catching grounder and throwing to first base.

5. One hand on hip, one hand neck stride standing side bending, alternating with change of arms. At first on signal only. Later repeat in uneven rhythm.

6. Hip grasp toe touch balance step.

7. Arm bending and stretching upward and sideways.

"Left (right)—face! Hands on hips—place! Quick side step to left (cue)—march! Continue, alternately to left and right—go! Stop! Position!" (Rise on toes as the step is taken. Count "one-two" for each step. Hold the final position a moment.)

"Arms forward bend (cue) and, with a jump, feet sideways—place! Arm flinging sideways with quick knee bending (cue)—one! Two! (Again—one! Two!) Keep it up in slow time—begin! Stop! Position!"

"Arms overhead—place! Stretch up as high as possible (and hold a few seconds)! Let hands drop slowly to sides, keeping stretched. Again—one! Two! Three! Repeat once or twice more.

Demonstrate (1. Stoop down and catch ball between feet. 2) Straighten up, throw, and step forward with left foot. 3) Return to fundamental position, bringing right foot to the left). Then: "Ready—begin! Stop!" Repeat on other side.

"Left hand on hip, right hand on neck (cue) and with a jump feet sideways—place! Side bending, to left—one! Two! Change position of hands—three! Same to right—one! Two! Three! Continue in uneven time (first two counts slow, third quick—begin! Stop! Position!"

"Hands on hips—place! Toe touch balance step (cue) left—one! (Toe touch)—two! (Transfer of weight to advanced foot.) Right—three! Four! Again, left—one! Two! Right—three! Four! Try rhythmic repetitions in slow, uneven time, holding the second position a second or two.

Name the exercise, with cue, then: "—begin! Stop! Position!"

8. Standing jump forward. (See lesson 10, exercise 8.)

As in standing jump in place, for height, except that the direction of the jump is forward. But try to go up fairly high at the same time. Demonstrate, then: "Jump forward—one! Two! Three! Four!"

9. Low arm circling, palms up, with breathing.

Name the exercise, with cue, then: "—one! Two!"

GRADE VI.

Lesson 14.

1. Arm bend st. arm stretching upward with heel raising.

"Arms (cue) — bend! (Quick) Arm stretching upward with heel raising (cue)—begin! Stop! Position!"

2. Alternate foot placing sideways with hands on neck, and knee bending.

"Hands on neck and left foot sideways—place! Knee bending—one! Two! Position! Same to right on four counts—one! (Quick knee bending)—two! Three! Four! Keep it up in slow, even time, all movements quick—begin! Stop!"

3. Arm bend forward walk st. backward moving of head.

"Arms bend and left foot forward—place! Backward moving of head with chest raising—one! Two! Again—one! Two!" Repeat once more. Then: "With a jump, feet—change! Backward moving of head—one! Two! One! Two! etc. Right foot to the left—position!"

4. Hip grasp stride st. forward-downward bending, alternating with placing hands on neck.

"Hand on hips and feet sideways—place! Forward-downward bending (as far as possible with straight upper back)—one! Two! Placing hands on neck and return—three! Four! Keep it up in even time—begin! Stop! Position!"

5. Arm bend oblique walk twist st. arm stretching sideways.

"Arms bend and left foot diagonally outward—place! Trunk to left—twist! Arm stretching sideways (cue)—begin! Stop! Forward—twist! Position! Arms bend and right foot outward—place! To right—twist! Arm stretching, etc."

6. Catching low, wide ball at first base and throwing to catcher at plate. Right and left.

Same as exercise 5, lesson 15, except that the ball is caught in front of right foot instead of at shoulder level.

7. Vaulting over seat. (Hands touch desks only a moment, giving a quick push.)

"Left—face! Vaulting over seats, ready—go! Two! Three!" Avoid resting heavily on arms. On landing, stop in the knee bend st. pos.

8. Hip grasp st. pos. on one foot, the other raised forward. Cut step backward-forward.

"Hands on hips—place! Left foot forward—raise! Cut step backward (cue)—begin! Class halt! (On second count, with feet together) Right foot forward—raise! Ready—begin! Class halt! Position!"

9. High arm circling with breathing.

Name exercise, with cue, then: "—one! Two!" Upstroke a little quicker than downward movement. Turn hands at shoulder level, without stopping.

GRADE VII.

Lesson 1.

Note: Review standing and sitting, on 2 counts. Later complete on one count.

1. Marking time, marching (zig-zag) and halts. "Mark time—march! Forward—march! (Mark time—march!) Class halt!"
2. Arm bending with heel raising. (Review facings on 2 counts, stopping on 1st. Later complete in slow rhythm, quick movements.) Name exercise, with cue, then: "—begin! Stop! Left (right)—face! Two! About—face! Two! Half left (right)—face! Two!"
3. Arm flinging sideways, palms up, with backward moving of head. Name exercise, with cue, then: "—one! Two! Keep it up in slow time, quick movements—begin! Stop!"
4. Hip grasp st. stooping, alternating with arm stretching downward. "Hands on hips—place! Stooping (and return)—one! Two! Arm stretching downward (cue)—three! Four! Keep it up in even, fairly fast time—begin! Stop!"
5. Arm bending and stretching sideways. Name exercise, with cue, then: "—begin! Stop! Position!"
6. Cutting down tree. (See Grade III., lesson 5.) "Hands on right shoulder and feet sideways—place! Chopping down a tree (cue)—begin! Now left! (said at end of downward swing) Stop! Position!"
7. Hip grasp st. jumping on toes with foot placing sideways. "Hands on hips—place! Jumping on toes, etc.—begin! Class halt! Position!"
8. Turning of hands with breathing. "—one! Two!"

GRADE VII.

Lesson 2.

1. Stride st. knee bending with (placing of) hands on hips. "Feet sideways—place! Quick knee bending with (placing of) hands on hips (cue)—begin! Stop! Position!"
2. Review left and right and half facings in one movement. To be used in that form whenever needed. "Left (right)—face! Half left (right)—face!"
3. Arm bend st. slow arm stretching sideways with backward moving of head and chest raising. "Arms (cue)—bend!" Name the movement, with cue, then "—one! Two! Repeat 3—5 times on signal. Then: "Position!"
4. Furling sail. (See Grade II., lesson 13.) "Feet sideways—place! Furling sail (cue)—begin! Stop! Position!"
5. Hip grasp st. knee—upward bending left and right. Change without stopping. "Hands on hips—place! Left knee upward bending—begin! Now right! Left! Right! Stop!"
6. Arm bending and stretching upward. Name exercise, with cue, then: "—begin! Stop! Position!"
7. Hip grasp stride st. side bending all the way in slow rhythm. "Hands on hips and feet sideways—place! Side bending, all the way from one side to the other, to left—begin! Stop! (said as vertical position is approached) Position!"

8. Marking time and running in place, halting on 2nd count. Change to marking time on 4 counts.
9. Arm raising sideways with breathing.

"Mark time—march! Double time—march! Class halt!" Demonstrate change from running to marking time. Then: "Run in place—go! Quick time (or mark time)—march!" (Said as left foot strikes the floor.)

"—one! Two!"

GRADE VII.

Lesson 3.

1. Marching with accenting of every 3rd step. Toe marching.
2. Hip grasp st. heel raising and knee bending. (Slow rhythm, quick movements.)
3. Head grasp st. "stretching."
4. Rowing sitting on desk. (See Grade III., lesson 3.)

[Rowing, starting from position with arms bent and one foot advanced.]

5. Arm bend stride st. (quick) trunk twisting all the way from one side to the other.
6. Hip grasp st. position on one foot, the other knee raised. Change feet with a jump.
7. Arm bending and stretching sideways and downward.
8. Jump in place with arm flinging forward-upward. (See Grade VI., lesson 10.)
9. Deep breathing.

"Class forward—march! Accenting every third step—march! On toes—march! Common step—march! Class halt!"

"Hands on hips—place! Heel raising and knee bending (cue)—begin! Stop! Position!"

"Hands on head—place! Stretch as high as possible. Hold that position while dropping hands slowly to sides. Again—**one! Two! Three!**" Repeat once or twice more.

"**Up!** Rowing, ready (pupils reach forward)—row! Stop! Stand on chair, facing side of room! Jump!

Demonstrate (1) Reach forward (downward), bending forward knee at the same time. (2) Bend arms and straighten up shifting the weight to the rear foot and bending that knee). Then: "Arms bend and left foot forward—place! Ready—begin! Stop! Position!" Repeat with right foot advanced.

"Arms bend and feet sideways—place!" Name the movement, with cue, then: "**—begin! Stop! Position!**" Slow rhythm, quick movements.

"Hands on hips—place! Left knee upward—**bend!** Change feet with a jump—**one! Two!**" Repeat 4—6 times, holding positions varying lengths of time, making changes unexpected.

Name the exercise, with cue, then: "**—begin! Stop!**"

Name the exercise, with cue (demonstrate if necessary), then: "**—one! Two! Three! Four!**"

"—one! Two!"

GRADE VII.

Lesson 4.

1. Facings, followed by one or two march steps sideways and forward.

"Left face and one step to right (cue)—march! Right face and one step forward—march! Left face and two steps to left (cue)—march!" etc.

2. Alternate foot placing sideways with hands on hips, and quick knee bending.

"Hands on hips and left foot sideways—place! Quick knee bending—one! Two! Position! Same to right on four counts—one! Two! Three! Four! Keep it up in slow, even time, quick movements—begin! Stop!"

3. Forward bending, sideways flinging and slow sinking of arms, with backward moving of head. Repeat in uneven rhythm.

"Forward bending of arms—one! Arm flinging sideways with backward moving of head—two! Slow sinking—three! Keep it up in uneven time (1st and 2nd counts quick, 3rd slow)—begin! Stop!"

4. Hip grasp stride st. downward bending, touching floor alternately with right hand, turning head and shoulders to opposite side.

"Hands on hips and with a wide jump, feet sideways—place!" Name movement, with cue, then: "with left—begin! Stop! Position!"

5. Arm bending and stretching upward and downward.

Name exercise, with cue, then: "—begin! Stop!"

6. Hip grasp toe st. march steps forward and backward.

"Hands on hips—place! Heels—raise! March steps forward, left—one! Right—two! One! Two! etc. Now backward—one! Two! etc. Heels—sink! Advanced foot to the rear—Position!"

7. Stride st. side bending all the way with opposite arm raising sideways (to vertical position).

"Feet sideways—place!" Name exercise, with cue, then: "To left—begin! Stop! Position!"

8. Running broad jump over 2 lines. Land lightly on both feet.

See Grade IV., lesson 3.

9. Grasp sitting backward moving of head with breathing.

"—one! Two!"

GRADE VII.

Lesson 5.

1. Marching and running. Change from double to quick time on 4 counts.

"Class forward—march! Double time—march! Quick time—march! (Said as left foot strikes floor. Class begins to count on next step.) Class halt!"

2. Raising flag. (See Grade II., lesson 2.)

"Left arm movement and feet sideways—place! Raising flag (cue)—begin! (or pull!) Stop! Position!"

3. Low arm circling, palms up, with backward moving of head.

Name exercise, with cue, then: "—one! Two!" Repeat 3—5 times.

4. Arm bend st. stooping, alternating with arm stretching sideways.

"Arms (cue)—bend! Stooping (and return)—one! Two! Arm stretching sideways (cue)—three! Four! Continue in even, fairly fast time—begin! Stop! Position!"

5. Neck grasp stride st. quick trunk twisting all the way.

"Hands on neck and feet sideways—place! Quick trunk twisting, to left—one! To right—two! Keep it up in slow time, quick movements—begin! Stop! Position!"

6. Hip grasp st. position on one foot, the other raised forward. Change feet with a jump.

7. Arm bending and stretching upward, uneven rhythm (holding the stretched position longer than the bent position).

8. Hip grasp st. toe jumping (with feet together) alternately to left and right.

9. Deep breathing (with one hand on chest).

"Hands on hips—place! Left foot forward—raise! Change feet with a jump—one! Two! One! Two! Repeat 2—4 times more. Hold positions varying lengths of time.

Name the exercise, with cue, (even rhythm), then: "—begin! Stop! Again, in uneven time (cue)—begin! Stop! Position!"

"Hands on hips—place! Jumping on toes alternately to left and right (cue)—go! Class halt! Position!"

"—one! Two!"

GRADE VII.

Lesson 6.

1. Arm flinging sideways with heel raising.

2. Hip grasp (wide) stride st. alternate knee bending (all the way from one side to the other). Repetitions in slow rhythm, slow movements.

3. Arm bending and stretching upward and (slow) sinking sideways-downward. Repetitions in uneven rhythm.

4. Hip grasp stride st. forward-downward bending, alternating with arm stretching downward.

5. Arm bending with alternate foot placing forward.

6. Driving stakes. (See Grade II, lesson 7.)

[Hip grasp st. leg flinging sideways left and right. Stop at change.]

7. Arm forward bend toe st. arm flinging sideways.

8. Running high jump (over pointer). Jump from one foot, land on both feet.

9. Grasp sitting backward moving of head with breathing.

Name the exercise, with cue, then: "—begin! Stop!"

"Hands on hips and with a wide jump, feet sideways—place! Alternate knee bending, all the way (cue)—begin! Stop! Position!"

"Arm bending—one! Quick arm stretching upward with backward moving of head—two! Slow sinking sideways-downward—three! Again—one! Two! Three! Keep it up in uneven time—begin! Stop!"

"Hands on hips and feet sideways—place! Forward-downward bending—one! Two! Quick arm stretching downward (cue)—three! Four! Keep it up in even time—begin! Stop! Position!"

"Arms bend and left foot forward—place! Position! Same right—one! Two! Again, left—one! Two! Right—three! Four! Keep it up in slow time, quick movements—begin! Stop!"

"Hands on right shoulder and feet sideways—place! Driving stakes (cue)—begin! Stop! Position!"

"Hands on hips—place! Left leg flinging sideways—begin! Stop! Right—begin! Stop! Position!"

"Arms forward—bend! Heels—raise! Arm flinging sideways—one! Two! Again—one! Two!" Repeat once or twice more, holding each position a few seconds while inspecting and correcting details. Then: "Heels—sink! Position!"

See Grade IV., lesson 3.

"—One! Two!"

GRADE VII.

Lesson 7.

1. Arm bending with alternate foot placing sideways. "Arms bend and left foot sideways—**place!** Position! Same to right—**one! Two!** Keep it up in slow time, quick movements—**begin! Stop!**"
2. Arm flinging sideways with knee bending, heels off. Name the exercise, with cue, then: "**—begin! Stop!**"
3. Neck grasp stride st. backward moving of head with chest raising. "Hands on neck and feet sideways—**place!** Backward moving of head (and elbows) with chest raising—**one! Two!** Repeat 3—5 times on signal, then: "**Position!**"
4. Hip grasp st. alternate knee upward bending. (See Grade VI, lesson 10.) "Hands on hips—**place!** Alternate knee upward bending (cue)—**begin!** Class halt! **Position!**"
5. Arm bend stride st. trunk twisting all the way, alternating with arm stretching downward. "Arms bend and feet sideways—**place!** Trunk twisting to left—**one!** Arm stretching downward—**two!** (Return arm bending)—**three!** Quick twisting to right—**one!** arm stretching—**two!** **Three!** Keep it up in slow, even time, quick movements—**begin! Stop! Position!**"
6. Neck grasp close st. forward bending of trunk (45°, straight back) "Hands on neck and feet (cue)—**close!** Forward bending of trunk—**one! Two!**" Repeat 3—5 times on signal, then: "**Position!**"
7. Arm bending and stretching upward, sideways and downward, even rhythm. Name exercise, with cue, then: "**—begin! Stop!**"
8. Hip grasp st. position on one foot, the other raised sideways. Cut step sideways. "Hands on hips—**place!** Left foot sideways—**raise!** Cut step sideways (cue)—**begin!** Class halt!" (on 2nd count, with feet together).
9. Low arm circling, palms up, with breathing. Name exercise, with cue, then: "**—one! Two!**"

GRADE VII.

Lesson 8.

1. Marching with knee upward bending. Running, change to quick time on 4 counts. (See Grade V., lesson 12.) "Class forward—**march!** Knee upward bending—**begin!** Common step—**march!** Double time—**march!** Quick time—**march!** Class halt!"
2. Arm bend st. slow arm stretching sideways, palms up, with backward moving of head. "Arms (cue)—**bend!** Slow arm stretching sideways, palms up, with backward moving of head—**one! Two!** Again—**one! Two!**" Repeat 2—4 times more, then: "**Position!**"
3. Alternate foot placing sideways with hands on hips, and forward-downward bending. "Hands on hips and left foot sideways—**place!** Forward-downward bending (as far as possible with straight upper back)—**one! Two!** (Left foot to the right)—**Position!** Same to right on 4 counts—**one! Two! Three! Four!** Keep it up in even time—**begin! Stop!**"

4. Neck grasp stride st. alternate trunk twisting, 2 counts each side.
"Hands on neck and feet sideways—place! Trunk twisting to left—one! (Return)—two! To right—three! Four! Keep it up in slow time, quick movements—begin! Stop! Position!"
5. Hip grasp st. heel raising and deep knee bending, uneven time (2nd and 3rd count slower than 1st and 4th).
"Hands on hips—place! Heel raising and knee bending (half way), even time—begin! Stop! All the way, uneven time—begin! Stop! Position!"
6. Arm bending and stretching upward and downward, uneven rhythm (the stretched position held a little longer than the bent arm position).
Name the exercise, with cue, then: "in even time—begin! Stop! Repeat in uneven time—begin! Stop!"
7. Hip grasp stride st. alternate side bending (2 counts each side), alternating with arm stretching downward. Repetitions in slow, uneven rhythm.
"Hands on hips and feet sideways—place! Side bending to left—one! Two! Arm stretching downward (cue)—three! Four! Same to right—one! Two! Three! Four! Keep it up in uneven time (1st and 2nd count slow, 3rd and 4th quick)—begin! Stop! Position!"
8. Standing jump forward with arm flinging. (See Grade VI., lesson 13.)
Demonstrate (later use cue method). Then: "One! Two! Three! Four!"
9. Deep breathing.
"—one! Two!"

GRADE VII.

Lesson 9.

1. Alternate foot placing sideways with hands on hips, and heel raising.
"Hands on hips and left foot sideways—place! Quick heel raising—one! Two! (Left foot to the right—) Position! Same to right on four counts—one! Two! Three! Four! Keep it up in slow time, quick movements—begin! Stop!"
2. Arm flinging forward with knee bending, heels off.
Name the exercise, with cue, then: "—begin! Stop!"
3. Arms overhead st. "stretching."
"Arms overhead—place! Stretch up as high as possible! Drop hands to sides slowly while remaining "stretched". Repeat—one! Two! Three!" Repeat once or twice more.
4. Arm bend stride st. forward-downward bending, alternating with arm stretching downward.
"Arms bend and feet sideways—place! Forward-downward bending—one! Two! Arm stretching downward (cue)—three! Four! Keep it up in even time—begin! Stop! Position!"
5. Neck grasp st. position on one foot, the other raised sideways. Change feet with a jump.
"Hands on neck—place! Left foot sideways—raise! Change feet with a jump—one! Two! Again—one! Two!" Repeat 2—4 times more, making unexpected changes. Then: "Position!"
6. Arm bending and stretching sideways and downward, uneven rhythm.
Name the exercise, with cue, then: "—begin! Stop!" Give a few rounds in even time first, then in uneven time.

7. Vaulting over seat (hands touch only a moment, giving a quick push. Avoid resting heavily on arms).
8. Hip grasp st. jumping on toes with foot placing sideways and crossing of feet.
9. High arm circling with backward moving of head and breathing.

"Left (right)—face! Vaulting over seat ready—go! Two! Three! (Later finish landing without waiting for "Two!" and "Three!")"

Demonstrate. (Later use cue method.) Then: "Hands on hips—place! Ready—go! (or begin!) Class halt! Position!"

Name exercise, with cue, then: "—one! Two!" The first movement should be a little quicker than the second.

GRADE VII.

Lesson 10.

1. Placing hands on neck with heel raising.
2. Side lunge with hands on hips.
3. Arms side-horizontal (palms up) st. arm raising with backward moving of head.
4. Hip grasp narrow stride st. stooping, touching floor alternately with left and right hand behind heel of same side.
5. Arm bend forward walk st. (slow) forward bending of trunk (45°).
6. Hip grasp st. alternate knee upward and stretching forward.
7. Neck grasp stride st. alternate side bending, 2 counts each side.
8. Jumping on toes with arm flinging sideways-upward and foot placing sideways.
9. Turning of hands with backward moving of head and breathing.

Name the exercise, with cue, then: "—begin! Stop!"

Demonstrate. (Later use cue method.) Then: "To left—one! Two! To right—three! Four! Continue in slow time, movements as quick as possible—begin! Stop!"

"With palms up, arms sideways—fling! Arm raising with backward moving of head—one! Two! Again—one! Two!" Repeat 2—4 times more. Urge pupils to get head and arms well back and to keep "drawn in at the waist."

"Hands on hips and with a short jump, feet sideways—place! Stoop down and touch floor with left hand behind left heel—one! Two! With right hand behind right heel—three! Four! Keep it up in moderate time—begin! Stop! Position!"

"Arms bend and left foot forward—place! Forward bending of trunk—one! Two!" Repeat two or three times, then: "Arms bend and feet—change! (Stop in fund. position. Later complete in slow rythm)—two! Forward bending—one! etc. Position!"

"Hands on hips—place! Alternate knee upward bending and stretching forward (cue), left—one! Two! Three! Four! Right—one! Two! etc. Keep it up in slow time, quick movements—begin! Stop! Position!"

"Hands on neck and feet sideways—place! Side bending, to left—one! Two! To right—three! Four! Continue in slow time, slow movements—begin! Stop! Position!"

Name exercise, with cue, then: "—begin! Class halt!" (Use demonstration method if necessary.)

"—one! Two!"

GRADE VII.

Lesson 11.

1. Marching to the rear, stopping on 1st count (with shortened step, left foot slightly crossed over right, weight on right foot). Demonstrate while class is seated. Then: "Class forward—march! To the rear—march! (The words "rear" and "march" are spoken as right foot strikes the floor)—Two!" The class responds by turning sharply on the toes, and stepping out with left foot, counting "two, three" at the same time (aloud at first).
2. Hip grasp st. heel raising and deep knee bending. "Hands on hips—place! Heel raising and knee bending (cue)—begin! Stop! Now all the way down, second and third count a little slower—begin! Stop! Position!"
3. Arm bend st. slow arm stretching upward with backward moving of head. "Arms (cue)—bend! Slow arm stretching upward with backward moving of head—one! Two! Again—one! Two!" Repeat 2—4 times more. Then: "Position!"
4. Hip grasp toe st. alternate knee upward bending. "Hands on hips—place! Heels—raise! Alternate knee upward bending (cue)—begin! Class halt! (on second count, on toes). Heels—sink! Position!"
5. Arm bend stride st. trunk twisting all the way, alternating with arm stretching sideways. "Arms bend and feet sideways—place! Trunk twisting to left—one! Arm stretching sideways—two! Three! Twisting to right—one! Arm stretching—two! Three! Keep it up in slow time, quick movements—begin! Stop! Position!"
6. Wide stride st. downward bending, touching floor. (Hands shoulder distance apart, upper back straight, head high.) "With a wide jump, feet sideways—place! Bend down and touch floor (keeping the knees and upper back straight)—one! Two! Keep it up in moderate time—begin! Stop! Position!"
7. Forward bending of arms, then sideways and downward flinging. Even rhythm. Name exercise, with cue, then: "—begin! Stop!" It may be advisable to do each part on (numeral) signal one round or two before rhythmic repetitions.
8. Hurdle jump over pointer (spring from one foot, land on the other and continue running). See Grade IV., lesson 3.
9. Grasp sitting backward moving of head. "—one! Two!"

GRADE VII.

Lesson 12.

1. Arm bend st. arm stretching sideways with heel raising. "Arms (cue)—bend! Arm stretching sideways with quick heel raising—begin! Stop! Position!"
2. Neck grasp (wide) stride st. alternate knee bending (all the way in one movement). "Hands on hips and with a wide jump, feet sideways—place! Alternate knee bending (all the way), slow time, slow movements, to left—begin! Stop! Position!"

3. Hip grasp forward walk st. backward moving of head with chest raising.
 "Hands on hips and left foot forward—**place!** Backward moving of head, etc.—**one! Two!**" Repeat once or twice more. Then: "Hands on hips and feet (cue)—**change! Two!** (Later complete in slow rhythm.) Backward moving of head, etc. **Position!"**
4. Arm bend st. stooping, alternating with arm stretching upward.
 "Arms (cue)—**bend!** Stooping (and return)—**one! Two!** Arm stretching upward—**three! Four!** Keep it up in fairly fast, even time—**begin! Stop! Position!"**
5. Arm forward bend stride st. alternate side bending (2 counts each side). Slow rhythm.
 "Arms forward bend and feet sideways (cue)—**place!** Side bending, to left—**one! Two!** To right—**three! Four!** Continue in slow time, slow movements—**begin! Stop! Position!"**
6. Balance march on counts for each step. (Weight transferred completely to each foot and a very erect position held.)
 Demonstrate. Then: "Left (foot forward)—**one!** Right—**two! One! Two!** etc. (Rear foot to the advanced foot)—**Position!"**
7. Arm bending and stretching upward, sideways and downward, uneven rhythm.
 Name exercise, with cue, then: "**—begin! Stop!** In uneven time, the same (cue)—**begin! Stop!**"
8. Hip grasp st. position on one foot, the other raised forward. Cut step backward-forward.
 "Hands on hips—**place!** Left foot forward—**raise!** Cut step backward—**begin!** Class halt!" (On second count, with feet together.) Right foot—**raise!** **Begin!** Class halt! **Position!"**
9. Deep breathing with backward moving of head.
 "**—one! Two!"**

GRADE VII.

Lesson 13.

1. Marching to the rear. Review stopping on first count, then try complete on 3 counts.
 "Class forward—**march!** (Stopping on 1st count.) To the rear—**march!**" Remind about shortened step, feet crossed and weight on the rear (right) foot. Then: "**Two!**" Class counts "**two, three**" while turning (on toes) and stepping out in new direction. Demonstrate the complete movement in marching rhythm and ask class to count aloud "**one, two, three.**" Then: "Class forward—**march!** To the rear—**march!** Class halt!"
2. Hip grasp st. knee bending, heels off.
 "Hands on hips—**place!** Knee bending (cue)—**begin! Stop! Position!"**
3. High arm circling, 3 counts, with backward moving of head (1st and 2nd count quick, 3rd slow).
 Name exercise, with cue, then: "**one! Two! Three!** Again—**one! Two! Three!** Keep it up in slow, uneven time, 1st and 2nd movements quick, 3rd slow—**begin! Stop!**"
4. Arm bend stride st. forward-downward bending, alternating with arm stretching sideways.
 "Arms bend and feet sideways—**place!** Forward-downward bending—**one! Two!** Arm stretching sideways—**three! Four!** Continue in even time—**begin! Stop! Position!"**

5. Batting pitched ball.

Demonstrate. (With hands clenched in front of chest: 1) A moderate preparatory swing to right and return. 2) Swing quickly behind right shoulder at the same time turning shoulder to right. This is followed immediately by a sharp horizontal return swing of partly straightened arms, at the same time stepping out with left foot. 3) Step back with left foot and place hands in front of chest). "Ready—begin! Stop!" Repeat on left side.

6. Hip grasp toe st. knee upward bending left and right.

"Hands on hips—place! Heels—raise! Left knee upward bending—begin! Now right! Stop! Heels—sink! Position!"

7. Neck grasp stride st. side bending, alternating with arm stretching downward.

"Hands on neck and feet sideways—place! Side bending to left—one! Two! Arm stretching downward (cue)—three! Four! Same to right—one! Two! Three! Four! Continue in uneven time (first two counts slow, last two quick)—begin! Stop! Position!"

8. Hip grasp st. jumping on toes with foot placing sideways, alternating with foot placing forward-backward.

"Hands on hips—place! Jumping on toes with foot placing sideways—one! Together—two! Left forward, right—backward—three! Together—four! Again, sideways—one! Two! Right forward, left backward—three! Four! Keep it up (making a cross)—begin! Class halt! (Said as feet go sideways and together.) Position!"

9. Arm raising sideways, palms up, with backward moving of head.

Name exercise, with cue, then: "—one! Two!"

GRADE VII.

Lesson 14.

1. Forward bending of arms with alternate foot placing forward.

"Arms forward bend and left foot forward (cue)—place! Position! Same right—one! Two! Again, left—one! Two! Right—three! Four! Keep it up in slow time, quick movements—begin! Stop!"

2. Arm bend stride st. arm stretching sideways with (quick) knee bending.

"Arms bend and feet sideways—place! Arm stretching sideways with quick knee bending (cue)—begin! Stop! Position!"

3. Neck grasp forward walk st. backward moving of head with chest raising.

"Hands on neck and left foot forward—place! Backward moving of head (and elbows) with chest raising—one! Two!" Repeat two or three times, then: "Hands on neck and feet—change! (Done as a two-count rhythmic movement.) Backward moving of head, etc. Position!"

4. Hip grasp (wide) stride st. downward bending, touching floor, alternating with arm stretching downward.

5. Arm bending with alternate foot placing sideways, and trunk twisting.

6. Pitching (overhead) ball.

7. Arm bending and stretching upward, sideways and downward, uneven rhythm.

8. (Hip grasp st.) Running in place with knee upward bending. Halt on 2 counts.

9. High arm circling (2 counts) with breathing.

"Hands on hips and with a wide jump, feet sideways—**place!** Downward bending, touching floor (knees and upper back straight)—**one! Two!** Arm stretching downward (cue)—**three! Four!** Continue in even time—**begin! Stop! Position!**"

"Arms bend and left foot sideways—**place!** Quick trunk twisting to left—**one! Two!** (Left foot to the right)—**Position!** Same to right on four counts—**one! Two! Three! Four!** Keep it up in slow, even time, quick movements—**begin! Stop! Position!**"

Demonstrate. (Facing side of room: 1) Raise closed hands to right shoulder. 2) Make overhand throwing motion with right hand, at the same time stepping sideways with left foot and turning to left. 3) Bring right foot up to the left). Then: "Right hand throw—**begin! Stop!** Left hand—**begin! Stop!**"

Name exercise, with cue, then (first in even rhythm): "**—begin! Stop!** Same in uneven rhythm—**begin! Stop!**"

"Run in place with knee upward bending, ready—**go!** Class **halt!**"

Name exercise, with cue, then: "**—one! Two!**" On the down movement hands turn at shoulder level, without stopping.

GRADE VIII.

Lesson 1.

Standing and sitting complete in one movement.

1. Marking time, marching, toe marching. Facings on 2 counts, stopping on 1st.

2. Hand clapping overhead with knee bending, heels off.

3. Arm bend st. backward moving of head with chest raising.

4. Hip grasp stride st. downward bending, touching floor alternately with left and right hand (turning head and shoulders to opposite side).

5. Arm bending and stretching sideways and downward, even rhythm.

6. Neck grasp st. slow forward bending of trunk (45°).

"Mark time—**march!** Forward—**march!** On toes—**march!** Common step—**march!** Class **halt!** Left (right)—**face! Two!**"

Name the exercise, with cue, then: "**—begin! Stop!**"

"Arms (cue)—**bend!** Backward moving of head with chest raising—**one! Two!** Repeat 2—4 times, then: "**Position!**"

"Hands on hips and feet sideways—**place!** Bend down and touch floor alternately with left and right hand—**begin! Stop! Position!**"

Name exercise, with cue, then: "**—begin! Stop!**"

"Hands on neck—**place!** Forward bending of trunk—**one! Two!** Again—**one! Two!** Repeat 2—4 times more. Then: "**Position!**"

7. Hip grasp st. jumping on toes without and with foot placing sideways.
8. Turning of hands with backward moving of head and deep breathing.

"Hands on hips—place! Jumping on toes—begin! With foot placing sideways—begin! Class halt! Position!"

"—one! Two!"

GRADE VIII.

Lesson 2.

1. Alternate foot placing forward with hands on hips.
2. Stride st. arm bending with knee bending.
3. Arm flinging forward-sideways, palms up, and downward (2 counts, quick movements, slow rhythm).
4. Hip grasp stride st. forward-downward bending.
5. Forward bending of arms with heel raising.
6. Hip grasp st. knee upward bending left and right. Change without stopping.
(Review 2 count rhythmic facings.)
7. Stride st. side bending all the way in one movement with opposite arm raising sideways (to vertical).
8. Crouching start. Running in place, then around the room, then in place. Halt on 2 counts.
9. Deep breathing with backward moving of head.

"Hands on hips and left foot forward—place! Position! Same right—one! Two! Keep it up in slow time, quick movements—begin! Stop!"

"Feet sideways—place! Arm bending, with quick knee bending (cue)—begin! Stop! Position!"

"Arm flinging forward-sideways, palms up, with backward moving of head (cue)—one! Downward—two! Keep it up in slow time, quick movements—begin! Stop!"

"Hands on hips and feet sideways—place! Forward-downward bending—one! Two! Again—one! Two!" Repeat 2—4 times more, then: "Position!"

"Arms forward—bend! Position! Same with quick heel raising—one! Two! Continue in slow time, quick movements—begin! Stop!"

"Hands on hips—place! Left knee upward bending—begin! Now right! Stop! Position!"

"Left (right)—face!.. Half left (right)—face! About—face!"

"Feet sideways—place!" Name movement, with cue, then: "—begin! Stop! (as erect position is approached) Position!"

Demonstrate, then: "On the marks! Get set! Go! Class halt!"

"—one! Two!"

GRADE VIII.

Lesson 3.

1. Marching with accenting every 3rd and 5th step. Left and right and half facings on 1 count.
2. Arm flinging sideways with (quick) heel raising.

"Forward—march! Accenting every 3rd step—begin! Now every 3rd and 5th step—begin! Class halt! Half left (right)—face!"

Name exercise, with cue, then: "—begin! Stop!"

3. Neck grasp stride st. backward moving of head with chest raising.
4. Arm bend st. stooping (touching floor), alternating with arm stretching downward.
5. Stride st. paddling. (See Grade III., lesson 2.)
6. Hip grasp st. position on one foot, the other raised forward; change feet with a jump.
7. Arm bending and stretching upward, uneven rhythm.
8. Hip grasp st. jumping on toes with foot placing forward-backward.
9. Arm raising sideways with backward moving of head and deep breathing.

"Hands on neck and feet sideways—place! Backward moving of head, etc.—one! Two!" Repeat 3—4 times. Then: "Position!"

"Arms (cue)—bend! Stooping (and return)—one! Two! Arm stretching downward (cue)—three! Four! Keep it up in even, fairly fast time—begin! Stop! Position!"

"Arms forward fling and feet sideways—place! Paddling (cue), on left side—begin! Stop! On right side—begin! Stop! Position!"

"Hands on hips—place! Left foot forward—raise! Change feet with a jump—one! Two!" Repeat 4—6 times, making changes unexpected. Then: "Position!"

Name the exercise, with cue, then: "—begin! Stop! Again in uneven time—begin! Stop! Position!"

"Hands on hips—place!" Name movement, with cue, then: "—begin! Class halt! Position!"

"—one! Two!"

GRADE VIII.

Lesson 4.

1. Marking time and running in place. Change to quick time on 4 counts.
2. Hip grasp st. heel raising and knee bending (4 counts).
3. Arm bend st. slow arm stretching upward with backward moving of head.
4. Hip grasp st. forward-downward bending, alternating with arm stretching downward.
5. Neck grasp stride st. quick trunk twisting all the way from one side to the other.
6. Forward bending of arms, then sideways and downward flinging. Slow rhythm, quick movements.

"Mark time—march! Double time—march! Quick time—march! (The word "march" is said as left foot strikes. Class begins to count on next step.) Class halt!"

"Hands on hips—place! Heel raising and knee bending, even time, quick movements—begin! Stop! Position!"

"Arms (cue)—bend! Slow arm stretching upward with backward moving of head—one! Two! Again—one! Two!" Repeat 2—4 times more. Then: "Position!"

"Hands on hips—place! Forward downward bending (upper back straight)—one! Two! Arm stretching downward (cue)—three! Four! Continue in even time—begin! Stop! Position!"

"Hands on neck and feet sideways—place! Trunk twisting, to left—one! To right—two! Keep it up in slow time, quick movements—begin! Stop! Position!"

"Forward bending of arms (cue)—one! Arm flinging sideways—two! And downward—three! Keep it up—begin! Stop!"

7. Hip grasp stride st. alternate side bending (2 counts each side). Repetitions in slow rhythm. "Hands on hips and feet sideways—place! Side bending to left—one! Two! To right—three! Four! Continue in slow time, slow movements—begin! Stop! Position!"
8. Standing jump forward (with arm flinging forward-downward). (See Grade VI., lesson 13.) Demonstrate the first time. (Later merely name exercise, with cue for each part as needed.) Then: "—one! Two! Three! Four!" Repeat 4—6 times.
9. Low arm circling, palms up, with breathing. Name the exercise, with cue, then: "—one! Two!"

GRADE VIII.

Lesson 5.

1. Alternate foot placing sideways with hands on hips, and heel raising. "Hands on hips and left foot sideways—place! Quick heel raising—one! Two! (Left foot to right) Position! Same to right on four counts—one! Two! Three! Four! Keep it up in slow time, quick movements—begin! Stop!"
2. Arm flinging sideways with knee bending, heels off. Name exercise, with cue, then: "—begin! Stop!"
3. Head grasp st. "stretching." "Hands on head—place! Stretch up as strongly as possible! Drop hands to sides slowly while retaining "stretched" position. Again—one! Two! Three!" Repeat 1—3 times more.
4. Chopping a log. (See Grade II., lesson 1.) "Hands on right shoulder and feet sideways—place! Chopping a log (cue)—begin! Stop! Position!" At first repeat 10—12 times on one side, then on the other. Later alternate.
5. Arm bending and stretching upward and downward, uneven rhythm. Name the exercise, with cue, then: "—begin! Stop! Repeat in uneven time—begin! Stop!"
6. Hip grasp st. alternate knee upward bending. "Hands on hips—place! Alternate knee upward bending (cue)—begin! Class halt! Position!"
7. Arm bend forward walk st. slow forward bending of trunk (45°). "Arms bend and left foot forward (cue)—place! Forward bending of trunk—one! Two!" Repeat 2—3 times. Then: "Arms bend and feet (cue)—change! Forward bending—one! Two! Position!"
8. Hip grasp st. jumping on toes with foot placing sideways and crossing of feet. "Hands on hips—place!" Name movement, with cue, then: "—begin! Class halt! Position!"
9. Arm bend st. slow arm stretching sideways with deep breathing. "Arms (cue)—bend! Slow arm stretching, etc.—one! Two! Position!"

GRADE VIII.

Lesson 6.

1. Marching to the rear, stopping on 1st count. (See Grade VII., lessons 11 and 13.) "Class forward—march! To the rear—march! Two!"
2. Arm bend stride st. arm stretching sideways with (quick) knee bending. "Arms (cue)—bend! Arm stretching sideways with quick knee bending (cue)—begin! Stop! Position!"
3. High arm circling (2 counts) with backward moving of head. Name exercise, with cue, then: "—one! Two!" Repeat 4—6 times on signal. ?
4. Alternate foot placing sideways with hands on hips, and forward-downward bending. "Hands on hips and left foot sideways—place! Forward-downward bending—one! Two! Position! Same to right on four counts—one! Two! Three! Four! Continue in even time—begin! Stop!"
5. Arm bend stride st. trunk twisting all the way, alternating with arm stretching downward. "Arms bend and feet sideways—place! Trunk twisting to left—one! Arm stretching downward (cut)—two! (Return arm bending)—three! Twisting all the way to the right—one! Arm stretching—two! Three! Keep it up in slow time, quick movements—begin! Stop! Position!"
6. Neck grasp toe st. march steps forward and backward (on counts for each step). "Hands on neck—place! Heels—raise! March steps forward, left—one! Right—two! One! Two! etc. Now backward—one! Two! etc. (Forward foot to the rear—one! Position!"
7. Stride st. alternate side bending (2 counts each side) with opposite arm flinging sideways-upward. "Feet sideways—place!" Name movement, with cue, then: "—begin! Stop! Position!" (If necessary give a round or two on numeral signals before starting rhythmic repetition.)
8. Hip grasp st. jumping on toes alternately forward and backward (feet together). "Hands on hips—place!" Name movement, with cue, then: "—begin! Class halt! Position!"
9. Turning of hands with backward moving of head and deep breathing. "—one! Two!"

GRADE VIII.

Lesson 7.

1. Facing (on 1 count) followed by one or two march steps sideways or forward. "Left (right) face and one step to right (left)—march! Right (left) face and one step forward—march! Left face and two steps to left—march!" etc.
2. Arm bend st. arm stretching sideways with heel raising. "Arms (cue)—bend! Arm stretching sideways with quick heel raising (cue)—begin! Stop! Position!"
3. Arms overhead st. "stretching." "Arms overhead—place! Stretch up as strongly as possible. Drop hands slowly to sides while retaining "stretched" position of head and back. Again—one! Two! Three!" Repeat once or twice more.

4. Hip grasp st. stooping, touching floor alternately with left and right hand, turning head and shoulders toward opposite side.

5. Arm bending and stretching forward (on signal once or twice, then in even rhythm).

6. Neck grasp close st. slow forward bending of trunk (45°).

7. Arm bend stride st. alternate trunk twisting (2 counts each side), alternating with arm stretching sideways.

8. Hip grasp st. toe jumping (with feet together) alternately to left and right.

9. Deep breathing with backward moving of head.

"Hands on hips—place! Stooping, touching floor with left hand (between feet)—one! Two! With right hand—three! Four! Keep it up—begin! Stop! Position!"

"Arm bending—one! Arm stretching forward—two! Again—one! Two! Keep it up in even time—begin! Stop! Position!" (See that chest is well out "between the arms" and hands at least shoulder distance apart, shoulders low.)

"Hands on neck and feet (cue)—close! Forward bending of trunk—one! Two!" Repeat 3—5 times on (numeral) signal.

"Arms bend and feet sideways—place! Trunk twisting to left—one! (Return)—two! Arm stretching sideways—three! Four! Same to right—one! Two! Three! Four! Keep it up in even time, all movements quick—begin! Stop! Position!"

"Hands on hips—place! Jumping on toes alternately to left and right (cue)—begin! Class halt! Position!"

"—one! Two!"

GRADE VIII.

Lesson 8.

1. Placing hands on neck with heel raising.

2. Side lunge with hands on hips.

3. Arm bending and stretching upward and (slow) sinking sideways and downward with backward moving of head (on 2nd count). Repetitions in uneven rhythm, 1st and 2nd count quick, 3rd slow.

4. Hip grasp stride st. forward-downward bending, alternating with placing hands on neck.

5. Arm bending with alternate foot placing sideways, and trunk twisting.

Name the exercise, with cue, then: "—begin! Stop!"

Demonstrate the first time. Later use cue method. "Side lunge to left with hands on hips—one! Two! To right—three! Four! Continue in slow time, quick movements—begin! Stop!"

"Arm bending—one! Arm stretching upward with backward moving of head—two! Slow sinking sideways-downward (cue)—three! Again—one! Two! Three! Continue in uneven time—begin! Stop!"

"Hands on hips and feet sideways—place! Forward-downward bending—one! Two! Placing hands on neck (and return)—three! Four! Keep it up in even time—begin! Stop! Position!"

"Arms bend and left foot sideways—place! Trunk twisting to left—one! Two! (Left foot to the right)—Position! Same to right on four counts—one! Two! Three! Four! Keep it up in even time, all movements quick—begin! Stop! Position!"

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| <p>6. Hip grasp st. touch step balance march (at first on 2 counts for each step, later in slow rhythm, 1st count quick, 2nd slow).</p> | <p>"Hands on hips—place! Toe touch balance step (cue), left—one! Two! Right—three! Four! Again—one! etc. Continue in uneven time—go! Stop! (Rear foot to advanced foot)—Position!"</p> |
| <p>7. Arm bending and stretching forward and downward, even rhythm.</p> | <p>Name the exercise, with cue, then: "—begin! Stop!"</p> |
| <p>8. Hip grasp st. position on one foot, the other raised sideways; cut step sideways.</p> | <p>"Hands on hips—place! Left foot sideways—raise! Cut step sideways (cue)—begin! Class halt! Position!"</p> |
| <p>9. High arm circling with deep breathing.</p> | <p>Name the exercise, with cue, then: "—one! Two!"</p> |

GRADE VIII.

Lesson 9.

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| <p>1. Marching to the rear, stopping on 1st count. Try complete. (See Grade VII., lessons 11 and 13.)</p> | <p>"Forward—march! To the rear—march! Two! Class halt!" Demonstrate the turn without stopping on 1st count and ask class to count "one, two, three" aloud when making the turn.</p> |
| <p>2. Arm bend st. arm stretching sideways with knee bending, heels off.</p> | <p>"Arms (cue)—bend! Arm stretching sideways with knee bending (cue)—begin! Stop! Position!"</p> |
| <p>3. Neck grasp forward walk st. backward moving of head with chest raising.</p> | <p>"Hands on neck and left foot forward—place! Backward moving of head (and elbows) with chest raising—one! Two! One! Two! One! Two! Hands on neck and feet (cue)—change! (done as a 2-count rhythmic movement). Backward moving of head, etc. Position!"</p> |
| <p>4. Hip grasp toe st. alternate knee upward bending.</p> | <p>"Hands on hips—place! Alternate knee upward bending (cue)—begin! Class halt! Heels—sink! Position!"</p> |
| <p>5. Arm bend stride st. side alternate bending, alternating with arm stretching sideways. Repetitions in uneven rhythm.</p> | <p>"Arms bend and feet sideways—place! Side bending, to left—one! Two! Arm stretching sideways—three! Four! Same to right—one! Two! Three! Four! Keep it up in uneven time (1st and 2nd counts slow. 3rd and 4th quick)—begin! Stop! Position!"</p> |
| <p>6. Forward bending of arms with alternate foot placing forward.</p> | <p>"Arms forward bend and left foot forward (cue)—place! Position! Same with right foot—one! Two! Keep it up in slow time, quick movements—begin! Stop!"</p> |
| <p>7. Pulling up anchor (horizontal rope pull). (See Grade IV., lesson 13.)</p> | <p>"Left foot forward—place! Pulling up anchor (cue)—begin! Stop! With a jump, feet (cue)—change! Ready—begin! (or Pull!) Stop! Position!"</p> |
| <p>8. Jump in place with arm flinging overhead and turning 90°. (See Grade VI., lesson 10.)</p> | <p>Demonstrate. Then: "—one! Turning to left—two! Three! Four! Again—one! To right—two! Three! Four!"</p> |
| <p>9. Arm raising sideways, palms up, with deep breathing.</p> | <p>Name exercise, with cue, then: "—one! Two!"</p> |

GRADE VIII.

Lesson 10.

1. Arm bend st. arm stretching upward with heel raising. "Arms (cue)—bend! Arm stretching upward with heel raising (cue)—begin! Stop! Position!"
2. Hip grasp st. alternate toe touching sideways with opposite knee bending. "Hands on hips—place! Left toe touch sideways with bending of right knee—one! Two! Right toe touch with left knee bending—three! Four! Keep it up in slow time, quick movements—begin! Stop! Position!"
3. Arm raising sideways-upward with backward moving of head and chest raising. Name exercise, with cue, then: "—one! Two!" Repeat 3—5 times. Hands turn as arms pass shoulder level, without stopping.
4. Hip grasp (wide) stride st. downward bending, touching floor, alternating with arm stretching downward. "Hands on hips and with a wide jump, feet sideways—place! Downward bending, touching floor (cue)—one! Two! Arm stretching downward (cue)three! Four! Keep it up in even time—begin! Stop! Position!"
5. Alternate foot placing sideways with hands on neck and trunk twisting. "Hands on neck and left foot sideways—place! Trunk twisting to left—one! Two! Position! Same to right on four counts—one! Two! Three! Four! Keep it up in slow, even time, all the movements quick—begin! Stop!"
6. Hip grasp st. balance march with knee upward bending and stretching forward - downward (on 3 counts for each step, 1st and 2nd quick, 3rd slow. Repeat in uneven rhythm). "Hands on hips—place! Balance step with knee upward bending and stretching downward (cue), left—one! Two! Three! Right—one! Two! Three! Again—one! etc. Keep it up in uneven time—begin! Stop! Rear foot to advanced—Position!"
7. Arm bending and stretching forward and upward, even rhythm. Name exercise, with cue, then: "—begin! Stop!"
8. Standing jump sideways (with arm flinging to same side as jump). Demonstrate. (1. Rise on toes and raise arms to right. 2. Jump to left, with arm flinging to left, landing with knee bending and arms at sides. 3. Straighten knees. 4. Lower heels). Then: "Jump to left (arms to right)—one! Two! Three! Four!" Repeat 3—4 times to each side.
9. Turning of hands with backward moving of head and breathing. "—one!—Two!"

GRADE VIII.

Lesson 11.

If time allows, drill on marching to the rear. Omit exercise 2 (or 1) if necessary.

1. Neck grasp (wide) stride st. alternate knee bending. "Hands on neck and with a wide jump, feet sideways—place! Alternate knee bending all the way—one! Two! Continue in slow time, slow movements—begin! Stop! Position!"

2. Hip grasp close st. heel raising with turning out of heels.
3. Arms side-horizontal forward walk st. turning of hands with backward moving of head and chest raising.
4. Arm bend st. stooping (touching floor), alternating with arm stretching upward.
5. One hand on hip, the other on neck stride st. side bending (on signal 3 times to each side. Later, alternate side bending and change of arms as a 3 count movement in uneven rhythm).
6. Arms side-horizontal toe st. quick head twisting (on signal only).
7. Running, change to quick time on 4 counts. (See lesson 4.)
8. Grasp sitting backward moving of head with deep breathing.

"Hands on hips and feet (cue)—close! Heel raising with turning out of heels (cue)—begin! Stop! Position!"

"Arm sideways fling and left foot forward—place! Turning of hands with backward moving of head, etc.—one! Two! One! Two! One! Two! Arms sideways fling and feet (cue)—change! Turning of hands, etc. Position!"

"Arms (cue)—bend! Stoop down and touch floor—one! (Return—Two! Arm stretching upward—three! Four! Continue in fairly fast time—begin! Stop! Position!"

"Left hand on hip, right hand on neck (cue) and feet sideways—place! Side bending to left—one! Two! Again—one! Two! etc. Hands—change! Side bending to right—one! Two! etc. Position!" (Later, after taking starting position: "Side bending to left—one! Two! Change position of hands—three! Same to right—one! Two! Three! Keep it up in uneven time (1st and 2nd count slow, 3rd quick)—begin! Stop! Position!"

"Arms sideways and heels—raise! Head twisting, to left—one! To right—two! Again—one! Two!" Repeat 2 or 3 times more, making changes as unexpected as possible. Then: "Head forward—twist! Heels—sink! Position!"

"Forward—march! Double time—march! Quick time—march! Class halt!" (It may be well to practice the change once or twice while running in place.)

"—one! Two!"

GRADE VIII.

Lesson 12.

1. Facing, followed by 2 march steps forward, backward or sideways.
2. Side lunge with hands on neck.
3. Arm flinging forward - upward, sideways (palms up), and downward, with backward moving of head.

"Left (right) face and two steps to left (right)—march! Right face and two steps forward—march! Right face and two steps to left—march! Left face and two steps backward—march!" Etc.

"Side lunge with hands on neck (cue) left—one! Two! Right—three! Four! Keep it up in slow time, quick movements—begin! Stop!"

"Arm flinging forward-upward with backward moving of head (cue)—one! Side-ways, palms up—two! And downward—three! Again—one! Two! Three! Keep it up in slow, even time, quick movements—begin! Stop!"

4. Neck grasp st. forward-downward bending, alternating with placing hands on hips.

"Hands on neck—place! Forward-downward bending—one! Two! Placing hands on hips (and return)—three! Four! Keep it up in even time—begin! Stop! Position!"

5. Hip grasp st. alternate knee upward bending and stretching forward.

"Hands on hips—place! Left knee upward bending and stretching forward (cue)—one! Two! Three! Four! Same right—one! Two! Three! Four! Continue in slow time, quick movements—begin! Stop! Position!"

6. Arm bend forward walk twist st. arm stretching sideways.

"Arms bend and left foot forward—place! Trunk to left—twist! Arm stretching sideways (cue)—begin! Stop! Forward—twist! Arms bend and feet—change! To right—twist! Arm stretching—begin! Stop! Position!"

7. Alternate foot placing sideways with hands on hips, and side bending.

"Hands on hips and left foot sideways—Place! Side bending to left—one! Two! Position! Same to right on four counts—one! Two! Three! Four! Continue in uneven time, 1st and 4th counts quick, 2nd and 3rd slow—begin! Stop!"

8. Hip grasp st. pos. on right foot, the left raised forward: backward cut step 6 counts, on 7th foot placing sideways, on 8th jump to pos. on left foot, right raised forward, then continue cut step.

Demonstrate. Then: "Hands on hips—place! Left foot forward—raise! Stopping on the 6th count—begin! Class stops on 6th count with left foot raised.) Feet apart—seven! Right foot forward—eight! Begin! Class halt! (said on 5th and 6th counts) Position!"

9. Arm bend st. slow arm stretching upward with backward moving of head and breathing.

"Arms (cue)—bend! Slow arm stretching upward, etc.—one! Two! Again—one! etc. Position!"

GRADE VIII.

Lesson 13.

1. Arm flinging sideways with alternate foot placing forward.

"Arm sideways fling and left foot forward (cue)place! Position! Same right—one! Two! Keep it up in slow time, quick movements—begin! Stop!"

2. Hip grasp standing heel raising and deep knee bending, even and uneven rhythm.

"Hands on hips—place! Heel raising and knee bending, half way down at first—begin! Now, deeper! All the way! Stop! Position!" Rhythm becomes uneven as the knee bending goes further.

3. Arm bend forward walk standing slow arm stretching sideways, palms up, with backward moving of head and chest raising.

"Arms bend and left foot forward—place! Arm stretching sideways, etc.—one! Two!" Repeat 2 or 3 times. Then: "Arms bend and feet—change! Arm stretching, etc.—one! Two! etc. Position!"

4. Catching low pitched ball and throwing to 2nd base.

Demonstrate (1. Stoop down. 2. Right hand throw in direction faced, stepping forward with left foot. 3. Return to fundamental position by bringing right foot to left. Then: Ready—begin! Stop!" Repeat on other side.

5. Neck grasp st. position on one foot, the other raised sideways; change with a jump. "Hands on neck—place! Left foot sideways—raise! Change feet with a jump—one! Two!" Repeat 4—6 times. Make changes unexpected. Then: "Position!"
6. Arm bending and stretching upward, sideways and downward, uneven rhythm. Name exercise, with cue, then start it in even rhythm for a few rounds. Stop, and start in uneven rhythm.
7. Alternate foot placing sideways with hands on hips, and forward bending of trunk (45°). "Hands on hips and left foot sideways—place! Forward bending of trunk (45° only)—one! Two! Position! Same to right—one! Two! Three! Four! Keep it up in uneven time, 1st and 4th quick, 2nd and 3rd slow—begin Stop!"
8. Hurdle jump (from one foot, land on the other and continue running). Try two "hurdles" (pointers) as far apart as feasible. See Grade IV., lesson 3.
9. Grasp sitting backward moving of head. "—one! Two!"

GRADE VIII.

Lesson 14.

1. Marching to the rear, complete. Try to the rear halt (on signal "Class to the rear—halt!"). Demonstrate and remind about details. Ask class to count aloud "one, two, three" while making the turn. Give the two parts of the signal—"To the rear" and "march!" as the right foot strikes the floor.
2. Toe touching sideways with opposite knee bending and placing hands on hips (or neck). Left toe touching with right knee bending and hands on hips (cue)—begin! Stop! Same on other side—begin! Stop! Later do as an alternate movement.
3. Arms overhead st. arm parting (to side-horizontal, palms up) with backward moving of head. "Arms overhead—place! Arm parting (cue) with backward moving of head—one! Two! One! Two!" Repeat 2—4 times more. Then: "Position!"
4. Alternate foot placing sideways (wide step) with hands on neck, and forward-downward bending. "Hands on neck and with a wide step, left foot sideways—place! Forward-downward bending—one! Two! (Left foot to right)—Position! Same to right on four counts—one! Two! Three! Four! Continue in even time—begin! Stop!"
5. Shortstop catching high liner and throwing to 1st or 3rd. Demonstrate (1. Throw arms over head and rise on toes. 2. Right hand throw to left, stepping to left with left foot. 3. Return to fundamental position, bringing right foot to left). Then: "Ready—begin! Stop!" Same on other side.
6. Hip grasp standing heel raising and deep knee bending, uneven rhythm (2nd and 3rd held longer than 1st and 4th). "Hands on hips—place! Heel raising and knee bending all the way down, uneven time—begin! Stop! Position!"

7. Neck grasp stride standing side bending, alternating with arm stretching downward.

"Hands on neck and feet sideways—**place!** Side bending to left—**one! Two!** Arm stretching downward—**three! Four!** Same to the right—**one! Two! Three! Four!** Continue in uneven time, 1st two counts slow, last two quick—**begin! Stop! Position!"**

8. Hip grasp standing jumping on toes with foot placing sideways, alternating with knee upward bending left and right.

Demonstrate (Later use cue method). Then: "Hands on hips—**place!** With left knee upward bending—**begin!** (Prompt "left up!" as 2nd count is being finished.) Class halt! Same with right knee upward bending—**begin!** Class halt! **Position!"** Later alternate.

9. High arm circling with backward moving of head and deep breathing.

Name exercise, with cue, then: "**—one! Two!**"

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