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# Physical Education Bulletin

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MAY E. FRANCIS,  
*Superintendent of Public Instruction*

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Published by  
THE STATE OF IOWA  
Des Moines



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## PHYSICAL EDUCATION LAW OF IOWA

CHAPTER 68, ACTS OF THE 40TH G. A.

*Be it Enacted by the General Assembly of the State of Iowa:*

Section 1. On and after September 1st, 1924, there shall be established and provided in all of the public elementary and secondary schools of this state, physical education, including effective health supervision and health instruction, of both sexes, and every pupil of school age attending such schools shall take the prescribed course or courses in physical education as herein provided.

Modified courses of instruction shall be provided for those pupils physically or mentally unable to take the courses provided for normal children. Said subject shall be taught in the manner prescribed by the State Superintendent of Public Instruction. This program of physical education shall occupy periods each week totaling not less than fifty (50) minutes, exclusive of recesses, throughout each and every school term. The conduct and attainment of the pupils shall be marked as in other subjects and shall form part of the requirements for promotion or graduation. Provided that no pupil shall be required to take this instruction whose parents or guardian shall file a written statement with the school principal or teacher that such instruction conflicts with his or her religious belief.

Section 2. After September 1st, 1923, every high school, state college, university or normal school giving teacher training courses shall provide a course or courses in physical education.

Section 3. The State Superintendent of Public Instruction is authorized to prepare or approve a manual on practical health training for the aid of teachers, and to distribute same.

Approved April 16, A. D. 1923.

## PREAMBLE OF THE CONSTITUTION OF THE AMERICAN LEGION

At the request of Hon. N. E. Kendall, Governor of Iowa, I am submitting herewith copy of the preamble of the constitution of the American Legion, and suggesting that this platform be memorized and used throughout the public schools in the state of Iowa. It seems fitting that this platform be included in a bulletin which has for its purpose the furthering of the ideal of finer American citizenship.

“To uphold and defend the constitution of the United States: to maintain law and order: to foster and perpetuate a one hundred per cent Americanism: to combat the autocracy of both the classes and the masses: to make right the master of might: to safeguard and transmit to posterity the principles of freedom, justice and democracy.”

MAY E. FRANCIS,  
*Superintendent of Public Instruction.*

## ACKNOWLEDGMENT

The Department of Public Instruction wishes to acknowledge with gratitude the work of a state committee on physical education, made up of the following members: Miss Agnes Heightshoe, superintendent of city schools, Perry; Miss Lela Treger, assistant physical director, Drake University; Miss Jessie Herriott, in charge of physical education, Des Moines University; Mr. W. J. Kincaid, superintendent of city schools, Grand Junction; Mr. Frank Willaman, athletic coach, Iowa State College, Ames; Miss Margaret McKee, director of physical education for the Des Moines city schools; Miss Hazel Black, county superintendent of schools of Butler County; Mr. Viggo Tarnow, in charge of physical education, Grandview College; Mr. M. M. McIntire, superintendent of city schools, Audubon; Miss Maude Norris, physical director of Ottumwa Schools, Ottumwa.

The work of Miss Margaret McKee, whose outline for high school work was adopted by the committee, and the work of Mr. Ira A. Jones, formerly of Iowa, but now Director of Physical Education for the Omaha public schools, whose outline for the elementary grades is included in this bulletin, is hereby acknowledged and deeply appreciated.

## PREFACE

*To Teachers of Physical Education in Iowa:*

This bulletin has been prepared as the first bulletin to be issued by the Department of Public Instruction on the subject of physical education. It is hoped that later this bulletin will be supplemented, revised, and enlarged. The suggestions made herein are made in the hope that teachers of physical education will not be limited to this course of study as it is presented, but will use their initiative in working out satisfactory plans to fit local conditions.

The law requires that the program of physical education shall occupy periods each week totaling not less than fifty (50) minutes, exclusive of recesses, throughout each and every school term.

The passing of the physical education bill does not necessarily mean the erecting of a building for the purpose of carrying on this work. The work can be done with good results out of doors and in the ordinary school room.

The teacher of physical education has an unusual opportunity to accomplish a great piece of educational work, and the Department of Public Instruction pledges its help and support to this end.

Sincerely yours,

MAY E. FRANCIS,  
*Superintendent of Public Instruction.*



## INTRODUCTION

"Physical Education is that which sees in measures, insuring bodily health and the right kind and amount of motor activity, an avenue of approach through which the whole individual may be influenced for good in mind and character as well as in body; it employs the word 'physical' to denote the means, and not the end."

The State Department of Public Instruction interprets physical education as any activity which aids in the growth and development of the child and in the physical efficiency of the adult by developing the mind, the character, and the structure and powers of the body.

"To play in the sunlight is a child's right, and it is not to be cheated out of it. And when it is cheated out of it, it is not the child but the community that is robbed of that besides which all its wealth is but tinsel and trash. For men, not money, make a country great and joyless children do not make good men."—Jacob A. Riis.

The aims of physical education may be briefly stated as follows:

1. **HYGIENE**—To promote health. Under this should be classed those forms of exercises which stimulate and increase the activity of circulatory, respiratory, digestive and excretory organs, and also the nervous system. Exercises requiring quick action of large muscle groups of the body, plays and games, folk dancing. A teacher is not teaching hygiene successfully if she is not teaching children games and keeping up her own play spirit.

2. **CORRECTIVE**—Exercises which correct defects of posture. The correct standing, sitting, and walking postures should be emphasized; special attention should be given to maintain these at all times.

3. **EDUCATIONAL**—Exercises which train the powers of co-ordination and volitional motor control. These should develop such mental and moral qualities as leadership, self control, self confidence, habits of obedience, courage, loyalty, co-operation, determination, truthfulness, fair play, alertness, presence of mind, quickness of perception, and of action.

4. **RECREATIVE**—The element of pleasure is a valuable factor in the recreative character of games, dances and sports, and should be taken into consideration in the planning of physical exercises.

## MEDICAL GYMNASTICS

### 1. *Its place in the physical education program.*

a. The observant teacher can be of untold assistance to the pupil in the prevention and correction of faulty development and faulty postures. It is during the early stages of growth that many of the later deformities can be checked and corrected. This must be done by constant observation, well directed effort, and thorough understanding in methods of prevention and cure. It is of the utmost importance that teachers should be able not only to recognize faulty conditions but also to understand their character and degree. This demands special training.

### 2. *Means of preventing faulty development.*

- a. Periodic examination should be made of each child to determine his posture and general health and should include:
- (1) Cleanliness from a hygienic and sanitary standpoint.
  - (2) Eyes; note particularly the light of the classroom. Does the light strike the child from the proper angle? Does the child have to twist and turn in order to do his work? In working is the child required to bring the object close to the eyes? Observe carefully any irregularity from the normal.
  - (3) Ears; observe the hearing quality in particular.
  - (4) Teeth, mouth and throat.
  - (5) General posture, i.e., carriage in walking, standing and sitting. (Note paragraph under postural defect.)
    - (a) Standing.
    - (6) Feet; flat or is the arch properly raised?
- b. Education. It is important that the teacher, upon discovery of irregularities, bring the matter to the attention of the parents and the pupils. Talks to the pupils upon hygiene and the proper care of the body cannot be overemphasized. The best results cannot be expected unless it is based upon the cooperation of parents, pupils and teacher.
- c. Proper condition in the school room, such as:—proper light, right fitting desks and seats, position assumed in writing, sitting and standing.

### 3. *Method of examination for faulty posture.*

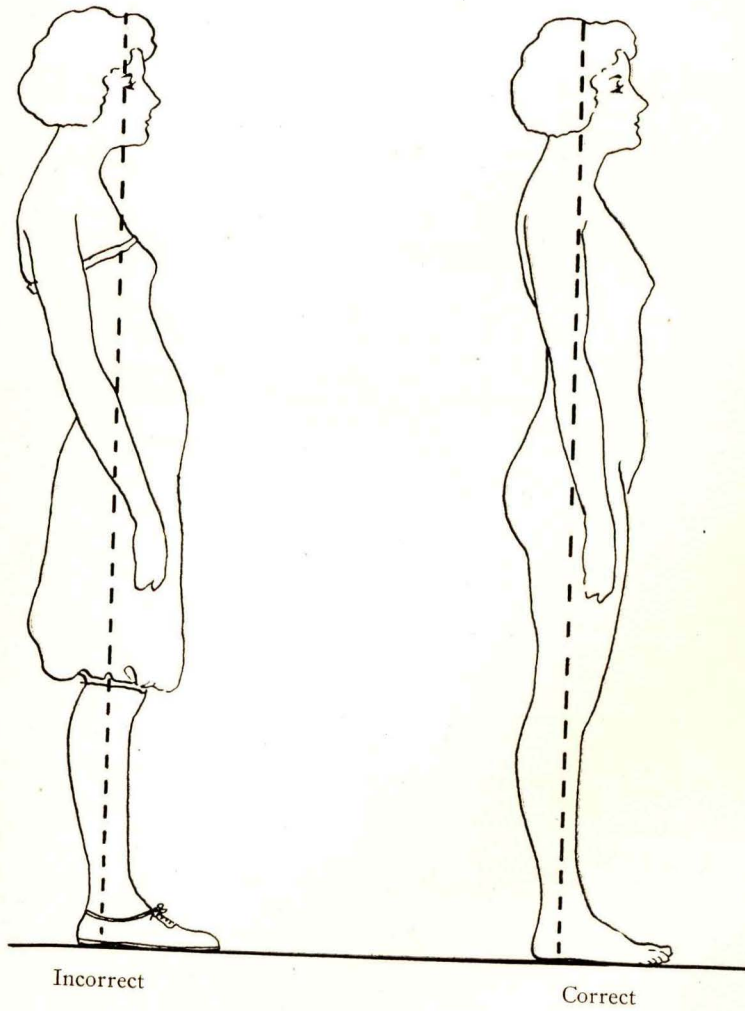
Emphasis is placed upon this examination because faulty posture is the most common type and every effort should be made to check irregular development. The simplest and quickest method of testing is known as the "window pole" test. Place a pole at the side of the pupils, the upper end just in front of the ear and the lower end outside the ankle bone. "Appreciating the fact that the axes of the segments should form a series of straight lines, if a straight object such as a window pole is interposed between the eye and the ear and the posture to be judged, comparison can be made quickly."

### 4. *Types and description of the common faulty postures and defects.*

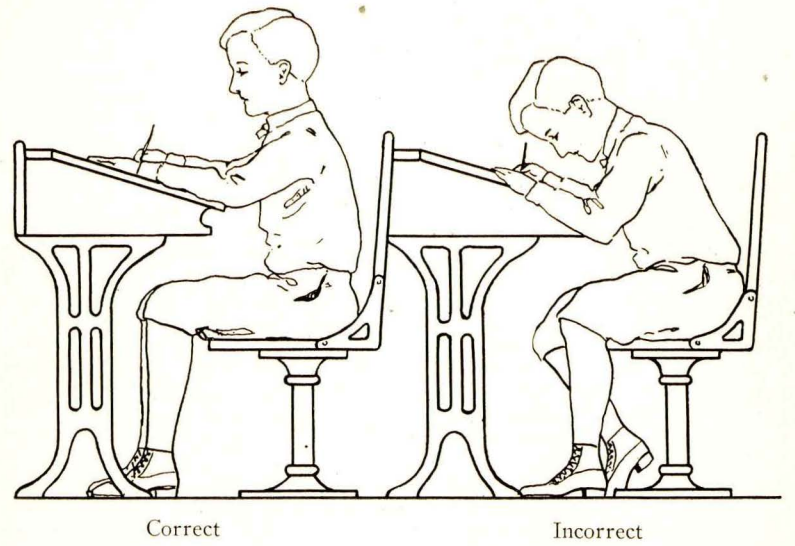
General Statement. A correct bodily posture requires necessarily a correct formation of the spine. While this is almost straight in an



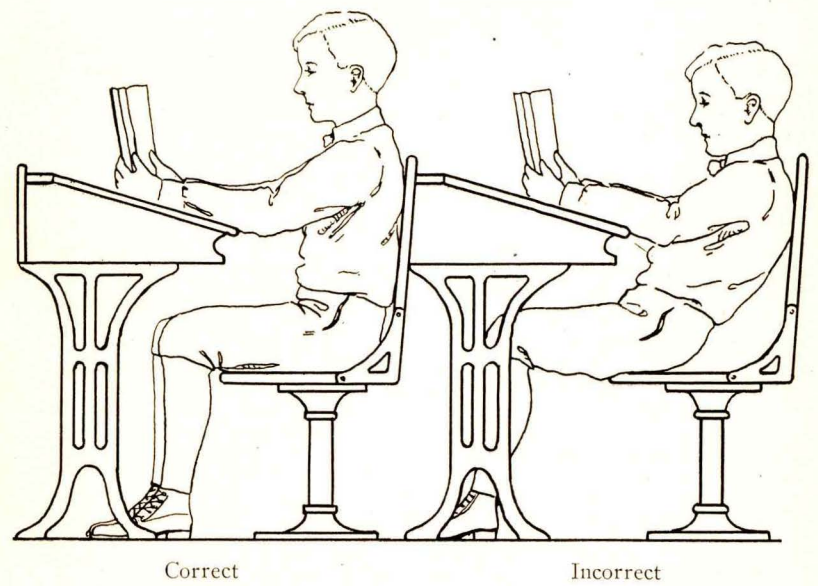
STANDING



SITTING



READING





infant it becomes definitely curved as the child grows older, as a sequence from lying to sitting and finally standing and walking. After the age of eight years this curvature remains permanent. It is the result of muscular activity and can be strengthened or lessened by altering the tensions of the muscles. When the curves are lacking the back seems flat but when they are partly or totally exaggerated it becomes a serious defect. If in the upper back (or dorsal region) it is termed Kyphosis and commonly known as hunch or round back, if in the lower (or lumbar region) it is termed as lordosis, if the curvature is lateral it is termed scoliosis, and causes unequal position of hips and shoulders.

These defects do not reveal aesthetic facts only, but also a hygienic deficiency, for a normal thorax is possible only on a normal grown spinal column, and only a normally built thorax will be able to fulfill its task.

- a. Flat back. The natural curves of the spine are only slightly developed and the whole back appears flat. This defect is not alarming in itself for it can be cured when young yet since it generally exists with children of weak muscular development, they easily suffer from fatigue of the back muscles, which when combined with bad posture, are the most favorable conditions to produce scoliosis. Such children should be well fed and given a great amount of exercise in the open air.
- b. Hollow or concave back; all the normal curves are exaggerated. These children differ from the former in that they usually possess a strongly developed muscular system which relatively protects them against lateral curvature.
- c. Round back or kyphosis. This defect of posture is found frequently in school children and is of greater importance on account of its deforming consequences and the injuries which accompany it. In an acute case the back forms practically a single curve. The head is bent forward, the chest is flat and sunken, the shoulders drop with the arms, the scapulae are prominent, and the abdomen protrudes. The whole postural type is the type of slackness, laziness, carelessness, and lack of will power. Cases of this type should be kept under constant observation and the forward bending when sitting should be checked. A bad construction of the school bench, a bad light or small print, as well as the beginning of myopia, compel the child to bend more forward and adopt this harmful posture. The child should not be permitted to become excessively tired particularly by too long a period of sitting or standing. Too much importance cannot be attached to this type of defect. Physicians see in this particular condition a principal reason to the tuberculosis of the lungs starting primarily in the tight area of the lungs caused by the thorax being incapable of good respiration.
- d. Scoliosis, or lateral curvature of the spine. The spinal column is curved to the right or left. In school life it is mostly due to bad posture or habit caused primarily by over loading one side of the spine in carrying books, standing with full weight resting on one foot, sitting on one hip bone at the school desk, and long sustained sitting at school desks. For the prevention of "school scoliosis" the following measure will be recommended.

- I Properly built school benches.
- II Hourly recess or a relaxation period.
- III Correct sitting and standing.
- IV Carrying school satchel on back, if possible, instead of on hip.
- V Extensive exercise of the large muscle group of the back.

### Suggestions—

1. For self-corrections:
  - a. Posture training. The pupil must develop a muscle and mental consciousness of the correct position to make these become habitual.
  - b. For round back, flat chest. Stand about 2 inches from wall, have knees, hips, shoulders and head touching. By lifting chest and retracting abdominal muscles endeavor to make lumbar spine touch wall so that whole back touches. (At first the breath will be held in trying to obtain this position.) Give relaxation and repeat at least six (6) times. Later work for this position stressing the normal breathing and as improvement continues, put the heels back against the wall and try to touch lumbar spine in this position.
  - c. For those with definite lowering of one shoulder, stand with the side of the body to wall (low shoulder side) reach up with one arm as high as possible, keeping heels on floor, head up, chest high and waist flat—reach higher and higher—hold for 8 to 10 seconds with periods of relaxation. Give at least 8 times.
  - d. Correct walking. Have child walk, stressing good posture, position, head up, chest high, waist flat, arms swinging easily and naturally, shoulders relaxed. Urge children to continue correct walking at home every day.
  - e. Watch carefully all children for signs of fatigue or nervousness—allow frequent rest and relaxation periods when necessary.
  - f. Encourage, teach, and direct all forms of games, but particularly those that require action.
  - g. It is suggested that teachers, when possible, have all examinations made by school nurse or physician.



## PLAYGROUND SUPERVISION

### OUTDOOR GAMES

The physical, social and moral benefits which may be secured through play are so great that teachers should not fail to consider whether recreation periods of their pupils are being used to greatest advantage.

In the right kind of play a child gives his best freely and unconsciously to the matter in hand. For the time being the ends he is seeking are just as real to him as an adult's work is to the adult. Because of its spontaneity, and because it is effort with a purpose, play can stir one to a maximum of general muscular activity, under conditions of kindness and cheerfulness which in themselves add greatly to the physical well being. Play has been called "the business of the child." A child's natural work is to grow strong, skillful, and enduring in the preparation for the work which he will do as a man; and his games, if rightly chosen, have this underlying purpose although the child may not be conscious of it. But to be interesting a game must have an immediate purpose which the players do understand.

Play which is simply "trifling" is more tiresome in the end than interesting work besides being weakening to character. It is a fallacy that all children know how to play without being taught. Very young children may need help, but the games of older boys and girls, or of large groups of children, require organization and leadership. Only an occasional boy or girl is a natural play leader.

### PLAYGROUND SUPERVISION

Divide the ground into the following sections:

SECTION I Little girls and boys 5 years to 12 years.

SECTION II For girls over 12 years.

SECTION III For boys over 12 years.

(Dividing fences are not at all necessary. The above sections are recommended even though the division lines may be imaginary.)

### APPARATUS AND EQUIPMENT

#### PERMANENT APPARATUS.

It is very possible to construct all of the apparatus which is recommended here. It is suggested that the services of an efficient carpenter and iron worker in the community be requested and furthermore that in the handwork activities on the playground the boys be taught to make some of the pieces of apparatus.

#### SECTION I

##### A. SAND BIN.

If possible, allow the ground to be its bottom as the moisture of the ground will keep the sand sufficiently moist.

Construct the sides of wood.

Place in one corner of the grounds well out of the way of the space reserved for the games and under a large tree, if possible, so that it will receive both shade and sun.

Care of the sand bin—

1. Change the sand as often as possible.
2. Sprinkle daily.
3. Keep free of refuse.
4. Cover at night.

##### B. SWINGS.

Ordinary gas pipe may be used for the framework. A chain of one foot links is better than a rope, if possible.

Have the swings different heights from the ground so as to accommodate children of different ages.

Take swings in or lock up at night to prevent the loafers of the community from using them.

Suggestions for managing the swings—

1. Appoint a monitor whose duty it will be to specify the length of time each child will swing.
2. See that only one child is in a swing at a time.
3. Allow no one to stand up.
4. Require all to stop the swing before getting off.
5. No child should be allowed to swing another.
6. Everyone must keep out of the way of the swings.

##### C. SLIDE.

A home-made slide, any smooth surface inclined. Maple wood is the best. Wax.

Place near the fence out of the way of the space reserved for games.

Suggestions for managing the slide—

1. Do not permit congestion.
2. Allow only one child to slide at a time.
3. Allow no one to tarry in the front of the landing.
4. Prohibit foolish and dangerous sliding positions.

##### D. SEE-SAW.

The home-made see-saw is very easily constructed. Place well out of the way of the space reserved for games.

Suggestions for managing the see-saw—

1. Allow only one child on an end at a time.
2. Allow no one to stand up.
3. Must come to stand still before either gets off.
4. Allow no one to stand up in the center.

#### PORTABLE EQUIPMENT.

1. Sand pile implements.
2. Building blocks.
3. Jumping ropes.
4. Balls—  
soft rubber.  
bean bags, (made by the girls for the playground).  
basketballs.
5. Table games (for rainy weather).  
Lotto.  
Checkers.  
Dominoes.

#### SECTION II

##### PERMANENT APPARATUS

- A. VOLLEYBALL AND BASKETBALL COURT.
- B. TENNIS COURT.
- C. CROQUET SET.
- D. MECHANICAL MUSICAL INSTRUMENT.
- E. BALLS—  
baseballs (soft).  
basketballs.  
volleyballs.  
tennis balls.



- F. BATS.  
G. NETS—  
    volleyball.  
    tennis.

## GENERAL SUGGESTIONS

- A. TO THE DIRECTOR.
1. Create a democratic spirit on the playground.
  2. Teach the right standards in play.  
Loyalty, faithfulness, responsibility, justice, respect, clean morals, cooperation, honesty, good sportsmanship.
  3. Be interested in the children.
  4. Keep control of the ground.
  5. Dress suitably.
  6. Make the playground a community center.
    1. Meeting place for organizations.
    2. Foster entertainment and community nights.
    3. Moving pictures.
  7. Be prompt.
  8. By the imitation of the director the children learn courtesy and politeness and kindness.
  9. Learn to know all the children.
  10. Encourage the backward children.
  11. Permit no obscenity, profanity and smoking.
  12. Punish children by excluding from teams or from the grounds.
- B. THE WORK OF THE DIRECTOR.
1. Have a general program of work for each day.
  2. Have opening exercises if possible.
  3. Vary the program.
  4. Be so severe with each case of cheating that it will not be profitable.
- C. APPARATUS.
1. Have a safe place to keep portable apparatus under lock and key.
  2. Keep close watch for needed repairs.
- D. LEADERS.
1. Get ahold of the leaders and control the ground through them.
  2. Do not make a leader of a child who is uncleanly or who does not have the best influence.
  3. Have meetings of your leaders.

## SUGGESTIONS FOR TEACHING THE ACTIVITIES

(Very General)

## GAME.

1. Give sufficient explanation to start the action.
2. Start action.
3. Add more rules as the game progresses.

## FOLK DANCE.

1. State the formation.
2. Analyze the steps.
3. Play the music counting the time and having the children listen.
4. Put the steps to the music.
5. Finish execution.

## SINGING GAME.

1. Tell the story of the words.
2. Teach the words.

3. Play the music.
4. Put words to music.
5. Add actions.

## CHILDREN UNDER FOUR YEARS OF AGE

This age rightfully does not belong on the playground but at home. A teacher should, however, be ready to give any suggestions as to suitable activities to the mother.

A few activities.

1. Sand pile play.
2. Building blocks.
3. Simple rolling ball games.

## PLAYGROUND ACTIVITIES

Children Four Years to Seven Years of Age

## Games.

Active.  
Quiet.  
Singing games.

## Folk Dances.

Rhythmic action plays.  
Folk dances (very simple.)  
Dramatization of fairy tales.

## Sand pile activities.

Hand construction work.

Pasting.  
Weaving.  
Cutting.

Sewing cards.  
Paper favors.  
Bead work.

Picnics to the woods.

Playground garden.

Flower.

## CHILDREN FOUR YEARS TO SEVEN YEARS OF AGE

## Games.

It is suggested that in selecting the material for this age of childhood that the teacher try to suit the game to the play instincts of this age.

1. Games of imitation.
2. Games of a social nature.
3. Singing games.

A list of suitable games.

Did you ever see a Lassie.  
Farmer in the Dell.  
Round and Round the Village.  
Let the Feet Go Tramp, Tramp.  
Tramp.  
Looby-Booby.  
Muffin Man.  
Mulberry Bush.  
Cat and Mice.  
The Leaves are Green.  
Charlie over The Water.  
Hide the Handkerchief.

Hide and Seek.  
The Blind Chase.  
Promotions.  
Buttons.  
Aiming at Clubs.  
Hop Scotch.  
Oats, Peas and Beans.  
Bean Bag Board.  
London Bridge.  
Follow the Leader.  
Railroad Train.



## CHILDREN FOUR YEARS TO SEVEN YEARS OF AGE

## Rhythmic Actions Plays.

A list of suitable ones.

Name of the Play	Book
The Swing .....	Moses
The Breeze .....	Moses
Rocking Horses .....	Moses
Reap the Flax.....	Burchenal

## Folk Dances.

The Singing Game and the Rhythmic Action Play is much more suited to this age of childhood than the Folk Dance.

A list of suitable Folk Dances.

Seven Pretty Girls.	Dance of Greeting.
Shoemaker Dance.	Chimes of Dunkirk.
Children's Polka.	In Summer.
English Harvesters' Dance.	Our Little Girls.
Swedish Ring Dance.	

## PLAYGROUND ACTIVITIES

## CHILDREN SEVEN YEARS TO TWELVE YEARS OF AGE

## Games.

Active.  
Quiet.

## Folk Dances.

Dramatization of Legends.

Croquet.

Quoits.

## Field Athletics.

Basketball Distance Throw.  
Baseball Distance Throw.  
Races.

## Jumping Rope Activities.

Marbles.

Roller and Ice Skating.

## Hand Construction.

Girls.

Sewing.  
Crocheting.  
Knitting.  
Art Work.

Boys.

Kites.  
Bench work.

Hikes to the Woods.

Gardens.

Flower or truck.

## CHILDREN SEVEN YEARS TO TWELVE YEARS OF AGE

## Games.

Suit the play to the instincts of the age.

## 1. Games of competition.

Individual.  
Team.

## 2. Play instincts.

Chasing.  
Hunting.  
Climbing.  
Falling.  
Throwing.  
Striking.

List of suitable games.

Cat and Rat.  
Drop the Handkerchief.  
Simon Says.  
I Say Stoop.  
Nuts in May.  
Tommy Tiddlers Ground.  
All up Relay.  
Animal Chase.  
Leap Frog Race.  
Fire on the Mountain.  
Hare and Hounds.  
The Blind Chase.  
Who Art Thou.

Ruth and Jacob.  
Leader Ball.  
Fruit Basket.  
The Miller is Without.  
Indian Club Race.  
Shuttle Relays Races.  
All Run.  
Bull in the Ring.  
Fox and Geese.  
Pig in the Hole.  
Wand Race.  
Catch Ball.

## CHILDREN SEVEN YEARS TO TWELVE YEARS OF AGE

## Folk Dances.

This activity is very popular with the children of this age.

It is suggested that the teacher make the folk dances educational by selecting those of the different countries and pointing out the characteristics of each to the children.

List of suitable folk dances.

Seven Jumps.  
Hornpipe.  
Come Let Us Be Joyful.  
Norwegian Mountain March.  
Highland Schottische.  
Tantoli.  
Ace of Diamonds.

Tailors Dance.  
Pop Goes the Weasel.  
I See You.  
Clap Dance.  
The Rill.  
Ruffty-Tuffty.

## PLAYGROUND ACTIVITIES

## CHILDREN OVER TWELVE YEARS OF AGE

## Games.

Folk Dances.

Dramatization of

Legends.  
Patriotic Productions.



## Handwork Construction.

## Girls.

Sewing.  
Raffia.  
Bead weaving.

## Boys.

Tool bench work.  
Construction of the apparatus.

## Garden.

Truck.

## Roller and Ice Skating.

## Excursions.

Nature Lore.  
Bird Lore.  
Sightseeing.

## Organizations:

Camp Fire Girls.  
Boy Scouts.  
Health League.  
Teams.  
Clubs.

## Field Athletics.

Basketball Distance Throw.  
Baseball Distance Throw.  
High Jumping.  
Broad Jumping.  
Dashes.

## CHILDREN OVER TWELVE YEARS OF AGE

## Games.

This is the age of games of high organization Team Games.

Corner Ball.	Square Ball.
Prisoners Base.	Club Chase.
Bombardment.	Marching to Jerusalem.
Volleyball.	Fist Ball
Baseball.	Foot Baseball.
Captain Ball.	Duck on the Rock.
Battle Ball.	Mountainball.
Whip Tag.	Soccer.
Dodge Ball.	

## CHILDREN OVER TWELVE YEARS OF AGE

## Folk Dances.

Very popular with girls of this age.

It is advisable to do something with pageants with children of this age.

List of suitable folk dances.

Bobbing Joe.	Hornpipe.
Foursome Reel.	Ribbon Dance.
Highland Fling.	Irish Jig.
Sword Dance.	Haymakers.
Gotlands Quadrille.	Virginia Reel.
Six Hand Reel.	Old Dan Tucker.
Three Men's Reel.	Lady of the Lake.

## HIGH SCHOOL

Instructors in physical education and teachers in high schools who come in contact with the physical activity of pupils should keep in mind the development and limitations of high school pupils.

The interests and characteristics of pupils in junior and senior high school vary with the age. The mental and physical make up of boys and girls must be taken into account. This must be done with much care in considering their physical activities.

These students are in the height of the period of rapid growth. The physical powers of a child change as he grows older. The teacher must keep this fact constantly in mind.

There is danger of over strain of the heart and the abdominal muscles. Teachers and especially coaches in high school should keep in mind that many an athlete has been ruined because of this. The girls should be very carefully guarded not only against too great physical activity in games but in social activities, especially dancing, not so much because of the physical strain but because of the excitement and late hours which usually accompany this activity.

The high school particularly owes to its students thorough preparation in how to live. This means that time should be given for instruction in health. This is the age when the great team games are beginning to be the appealing athletic activities and the play fields must be large enough to accommodate soccer football, baseball, and similar team games for all the student body.

Cheerful school and cheerful home surroundings are very much needed to promote health. A nagging teacher, a scolding mother, or an irritable father may do great harm, which will be impossible to undo.

## CLASSIFICATION OF STUDENTS FOR PHYSICAL EDUCATION WORK

## GROUPS.

1. Recreation.
2. Posture Plus.
3. Posture Double Plus.
4. Specials.
5. Nutrition.

## Definition of each Group.

## 1. Recreation.

These are students whose physical examination indicates that special exercises of a corrective nature are not necessary. Therefore, they are to receive what we choose to call recreational class work.

## 2. Posture Plus.

Students who will be classified in this group are:

- a. Those who, because of carelessness or indifference assume a poor standing posture, but who can voluntarily correct the same.
- b. Those who, because of mal-nutrition or poor general muscular development, assume an incorrect or faulty standing posture.
- c. Those who have slight or moderate degree weak or flat feet. Children who have this defect usually present a faulty posture. They are placed in Posture Plus group since the objective for this group is general muscular development including correction of weak or moderately flat feet.



3. *Posture Double Plus.*

This group shall consist of those who present a very poor standing posture and are incapable of correcting and maintaining proper carriage. This may be due to one or more of the following causes:

- a. Marked mal-nutrition.
- b. Advanced degree poor muscular development.
- c. Round hollow back or so-called A. P. spine.
- d. Lateral curvature cases of slight degree, due to persistent faulty posture, not to structural changes.

4. *Special.*

This is to be a clearing house group into which all borderline cases are to be placed at the time of the physical examination. Later it will be reviewed by the Supervisor of Physical Education, the orthopaedic examiner, and the instructor in charge of class work. At this time proper instruction will be outlined for those who are to receive any physical work. At the same time those who require special orthopaedic treatment may be selected and referred to their physician and excused from routine work according to the discretion of the orthopaedic examiner. In cases referred to their physician, the nurse shall assume charge of the follow-up work.

5. *Nutrition.*

Students assigned to this group may often possess physical defects which will also be charted, but because of the major importance of the poor nutrition or general health of the student it would seem that nourishment followed immediately by a rest period is indicated rather than the attendance at their regular class for corrective exercises. The disposition of this group shall be determined at each school according to the schedule of and the facilities available for the nurse and teachers of physical education.

#### SUGGESTED HIGH SCHOOL PHYSICAL EDUCATION PROGRAM OF EXERCISES

An effort is being made to standardize the exercises given in physical education in the high schools. It is not with the idea of limiting the teacher's opportunity for using initiative but rather with the idea that certain routine exercises will be known to all pupils so that when pupils transfer there will be no loss of continuity in the routine work. Aside from the routine exercises which teachers use exactly as outlined, teachers are urged to use their own ideas and to bring new ideas to the group from time to time so that in this way the whole department may progress. We recognize the difficulty of trying to outline, in a wholesale manner, exercises for each class as conditions will vary from day to day. Therefore, the teacher must use his discretion in the use of these exercises and must accept the responsibility for the success of his work. If, in his judgment, the daily routine should be dispensed with at certain times he will feel perfectly free so to do. He will, of course, recognize his obligation to have the class know the daily routine and have the class use it when possible.

*Presentation for Class—*

Before beginning exercises every class should be given sufficient time for dressing and undressing. No specified time is suggested as conditions in the dressing rooms vary so much, but the teacher must recognize the necessity for comfortable dressing conditions. The pupil's attitude of mind toward physical education will be determined to a large extent by the conditions under

which he prepares for the work. It is not fair to any pupil to send him back to class feeling that he is not as carefully groomed as he should be.

*Roll Call—*

Roll call may be taken as the teacher desires but the necessity of knowing the individual pupil by name cannot be over-estimated. In large classes where time is limited this constitutes a very great problem, but if the teacher is to be of any real service to the pupil it is essential that he at least knows the name of the pupil and what he looks like. Frequently a teacher of physical education may be able to personally help a pupil in his class but the teacher of physical education is often able to help this pupil materially by discussing his case with other teachers who may be in a position to help him. It is because of the contact the teacher of physical education should have with teachers and parents that it is vital to the success of his work that he may be able to visualize the name of the pupil.

*Exercises—*

Before beginning the lesson proper, sufficient exercise should be given so that pupils may get "warmed up." One minute running around room with arms swinging freely is suggested or running in place or stride jumping with arm raising overhead, etc.

*Position of Attention—*

The points to be emphasized in the position of attention are: weight on both feet with toes straight forward with heels about three inches apart—spine elongated with head erect and easily poised—eyes high—arms hanging loosely and naturally just back of the median line of the body. Avoid trying to explain to class just how to stand but try to make each individual feel what is a correct standing position for him. Show pictures of good and poor posture and have pupils discuss the proper relationship between the different parts of the body.

*Stand at Ease—*

Stand at ease should be given with left foot sideways, hands loosely behind back and weight on both feet. If we wish class to stand as they please give command "stand easy"—make distinction between "at ease" and "easy." "At ease" means a definite position and "easy" means as you please. Stand at ease used in the army may be given when the class is having exercises over a long period, but for these preliminary exercises stand at ease on both feet is to be used.

*Exercise I—*

Assume correct standing position and hold—commands class—attention. Stand at ease. Repeat three or four times and lengthen the holding period as the group progresses.

*Exercise II—*

Breathing with arm raising sideways.

Commands—

1. Exhale.
2. With arm raising sideways—inhale.
3. With arm lowering—exhale.

To be done five or more times and slowly.

*Exercise III—*

Head bending forward and backward.

Commands—

- Neck—firm.
- Neck backward—bend.
- Neck upward—stretch.



Neck forward—bend.  
Neck upward—stretch.  
Position.

To be done six or more times and done to command at first—may later be done to count if good positions are maintained.

*Exercise IV—*

Head rolling.

Commands—

Head rolling beginning forward and to left—begin.

To be done six or more times.

*Exercise V—*

Trunk bending backward—forward.

Commands—

Jump astride and hips—firm.

Trunk backward—bend.

Trunk upward—stretch.

Trunk forward—bend.

Trunk upward—stretch.

Position.

To be done four or five times always to command and never to count unless positions are very well done.

Exercise given to widen chest and flatten shoulder blade therefore particularly important that exercise be done in upper part of back.

*Exercise VI—*

Trunk bending forward and downward.

Commands—

Jump astride and swing arms forward and upward.

Bend forward and downward.

Straighten body.

Bend forward and downward.

Straighten body.

Bend forward and downward.

Straighten body.

Swing arms down and jump to position.

To be done three or four times.

*Exercise VII—*

Assume position of attention.

Commands—

Stand at ease—attention.

Repeat several times.

*Exercise VIII—*

Arm stretching upward, sideward, backward and downward.

Commands—

Arms upward—bend.

Arm stretching upward, sideward, backward and downward to eight counts—begin.

Position.

To be done five or six times.

*Exercise IX—*

Half and full knee bend.

Commands—

Hips—firm.

Heels—raise.

Knees half-bend.

Knees—stretch.  
Position.

To be done not less than six times and varied with knees full—bend instead of knees half-bend. Also done to count instead of command when positions are well done.

*Exercise X—*

Leg raising sideways.

Commands—

Hips—firm.

Left leg raising and lowering sideways to eight counts—begin.

Right leg raising and lowering sideways to eight counts—begin.

Position.

To be done not less than three times.

*Exercise XI—*

Arm flinging.

Commands—

Jump astride and arms forward—bend.

Arm flinging sideward to four counts—begin.

Position.

To be done not less than four times.

*Exercise XII—*

Arm circling.

Commands—

Arm forward and upward—fling.

Arm circling outward to eight counts—begin.

Position.

To be done not less than four times.

*Exercise XIII—*

Assume position of attention.

Commands—

Stand—at ease.

To be done several times.

*Exercise XIV—*

Trunk twisting.

Commands—

Jumping astride and arms sideward—raise.

Trunk to left—turn.

Trunk forward—bend.

Trunk upward—stretch.

Trunk forward—turn.

Repeat to right.

Position.

To be done five or six times and may be done to count when good positions are maintained.

*Exercise XV—*

Ground gripping exercise.

Commands—

Feet—close.

Draw toes towards heel—begin.

Relax.

To be done eight or ten times and if possible sitting with feet flat on floor.



*Exercise XVI—*

Stride stand—heel raising.

Commands—

Jump astride.

Rise on outer border of toes.

Lower heels.

Continue to counts.

Position on 8.

To be done three or four times.

*Exercise XVII—*

Marching around room with toes turned in, also with toes straight forward and also marching on heels with toes turned in.

*Exercise XVIII—*

Assume position of attention. To be done several times.

*Exercise XIX—*

Prone falling position.

Commands—

Ready for prone falling position.

Kick legs back.

Bend knees.

Position.

To be done three or four times. Work for good prone falling position and hold it when good position assumed.

*Exercise XX—*

Lying on back—leg raising.

Commands—

On back—lie.

Left leg raising and lowering to eight counts—begin.

Right leg raising and lowering to eight counts—begin.

Position.

*Exercise XXI—*

Lying on back.

Commands—

On back—lie.

Make small of back touch the floor.

Hold it.

Relax.

Repeat three or four times.

Position.

*Exercise XXII—*

Breathing rising on toes and raising arm forward and up and lowering sideward and down.

Commands—

Exhale.

With heel raising and arm raising forward and upward—inhale.

With heel lowering and arm lowering sideward and downward—exhale.

## OUTLINE FOR THE ELEMENTARY GRADES

The following outline is made with the idea of assisting the teacher to cover the Physical Training work. This does not exclude the use of other games, etc., if you desire to use them, but your children should be able to do the exercises outlined for their grade. Some of the exercises are rather difficult for the grade but are made purposely so. It may take some time to build up the bodies of the children so that they can do some of these exercises.

All Physical Education should have in mind three things—first, attention, second, posture, third, a co-ordination of muscles.

In "attention" be sure that you have the absolute attention of both mind and body, and also that you do not attempt to hold attention too long but give some relaxation.

Posture should be watched at all times, both sitting and standing. In standing, heels should be about two inches apart, feet on a straight line, knees straight without stiffness, hips held back, abdomen in, chest and chin up, arms hanging naturally at sides, weight resting on the balls of the feet, heels lightly touching the floor.

Co-ordination of muscles is the instant respond of the muscles to the will of the mind and is best secured by teaching from direction rather than imitation, except in the first and second grades.

In games be sure to foster the spirit of fair play. The most harmful factor in any game is lack of enforcement of rules, and the child who breaks the rules of the game with impunity will try to break the rules of the community. He or she becomes lawless.

During all recesses and Physical Training periods, except when the weather is very inclement, teachers should have the windows open to the widest extent. Whenever possible, exercise should be held out of doors.

### SUGGESTIONS TO TEACHERS

*Commands.* There are two kinds of commands: (1) The preparatory commands, which tell what is to be done, and (2) the command of execution, which starts the action. The preparatory commands are written in ordinary type, and the commands of execution in italics. There should be long enough pause between the preparatory command and the command of execution for the pupil to understand what he is to do. The tone of command should be distinct and its loudness modified to the size of the class. Do not shout. Indifferent commands produce indifferent results.

*Marching.* The tempo of the march should be about 128 steps per minute. Arms should swing free at sides and should be used as an aid in walking. Chest up, chin up, and eyes at the top of the head of the one in front.

*Attention.* Attention is the position described under posture in this outline.

*At Ease.* Left foot carried directly to the side, feet about eighteen inches apart, weight resting equally on each foot and hands grasped behind back, meaning body at ease, mind at attention.

*Rest.* Either foot is kept in position but the pupil may move in any direction and talk if he wishes.

*Right Face.* Raise slightly the right toe and the left heel, push quickly with the left toe to the right and turn on the right heel 90 degrees. Immediately place the left heel beside the right. (Done in 2 counts.)

*About Face.* Place the right toe in rear and to the left of the left heel, raise the left toe, turn about to the right. (180 degrees.)



## GRADE 1A

## LESSON No. 1.

1. *Attention! At Ease! Attention!*
2. Feet—*Close! Open!* (Repeat.)
3. Head backward—*Bend!* Head—*Raise!*
4. Hands on hips—*Place!* Hands—*Down!*
5. Heels—*Raise!* Heels—*Sink!*
6. Running—alternate rows face back of room two rows run around one row of seats. Ready—*Go!* (Allow no racing.)
7. Breath—*In!* Breathe—*Out!* (Blow out the candle.)
8. Game—Imitation. (Did You Ever See a Lassie?)

## LESSON No. 2.

1. *Attention!* Distance—*Take!*
2. Right (or left) foot forward—*Place!* Together—*Place!* (On count.)
3. Head forward—*Bend!* Head—*Raise!*
4. Hands on shoulders—*Place!* Downward—*Stretch!* (On count.)
5. Hands on hips—*Place!* Heels—*Raise!* Heels—*Sink!* (On count.) *Attention!*
6. Marching to front of the room with knee raising.
7. Inhale and exhale. (Blow up a paper bag and "pop" it.)
8. Games—Cat and Rat—Crow Race.

## LESSON No. 3.

1. *Attention!*
2. Arms forward—*Raise!* Arms—*Down!* (1-2 etc.)
3. Feet sideways—*Place!* (1-2) Feet together—*Place!* (1-2.)
4. Hands on hips—*Place!* Head left—*Bend!* Head—*Raise!*
5. Body right (or left)—*Bend!* Body—*Raise!*
6. Feet sideways—*Place!* Heels—*Raise!* Heels—*Sink!* Feet together—*Place!*
7. Body forward—*Bend!* (Eyes front.) Body—*Raise!* (1-2, etc.)
8. Arms outward—*Raise!* (Inhale.) Arms—*Sink!* (Exhale.)
9. Games. Bean Bag Passing Race Changing Seats.

## LESSON No. 4.

Alternate Lessons 1, 2 and 3.

## LESSON No. 5.

1. *Attention! At Ease! Attention!*
2. March—(Stress rhythm rather than step in this grade.)
3. Heels outward—*Move!* Together—*Place!*
4. Arms sideways—*Stretch!* Head forward—*Bend!* Head—*Raise!* Head backward—*Bend!* Head—*Raise!* (4 counts.) Arms—*Down!*
5. Hands on shoulders—*Place!* Arms sideways—*Stretch!* Hands on shoulders—*Place!*
6. Body sideways—(left or right)—*Bend!* Body—*Raise!*
7. Hands on neck—*Place!* (head up.) Knees half—*Bend!* Knees—*Stretch!* (On count.)
8. Inhale and exhale.
9. Games—Skipping tag—Seat tag.

## LESSON No. 6.

Alternation of Lessons 1, 2, 3, 4 and 5.

## GRADE 1B

The first two weeks review the work of Grade 1A.

## LESSON No. 1.

1. *Attention! At Ease! Attention!*

2. Right (or left)—*Face!*
3. Hands on shoulders—*Place!* Elbows forward—*Move!* Elbows backward—*Move!* Arms—*Down!*
4. Bend forward touch your toes—*Bend!* Body—*Raise!*
5. Left (or right) leg forward—*Raise!* (Toes downward) Leg—*Down!*
6. Skipping—Alternate rows face back of room, two rows skip around one row of seats. Ready—*Go!* (Aim for light skips.)
7. Inhale and exhale. (Make a feather fly.)
8. Games—Squat tag—Singing games.

## LESSON No. 2.

1. *Attention!*
2. One step forward—*March!* (Left-right.) One step backward—*March!* (Left-right.) (See that the child always starts with left foot.) This is preparatory to "keeping step" while marching.
3. Alternate heels—*Raise!* (1-2.)
4. Arms overhead and clap hands—*Clap!* Arms downward—*Stretch!*
5. Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!*
6. Body forward—*Bend!* Body—*Raise!*
7. Hopping on left toe while right leg raised sideways, toe pointing down—*Hop!* Change feet—*Hop!*
8. Inhale and exhale.
9. Games—Squirrel and Nut—Bean Bag Passing Race.

## LESSON No. 3.

Alternation of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!*
2. Two steps forward—*March!* (Left, right, left.) Two steps backward—*March!* (Left, right, left.)
3. Hands on hips—*Place!* Heels—*Raise!* Heels—*Sink!* *Position!*
4. Hands on hips—*Place!* Head left (or right)—*Turn!* Head front—*Turn!* *Position!*
5. Hands on shoulders—*Place!* Arms downward, backward—*Fling!* On shoulders—*Place!* *Fling!*
6. Hands on hips—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!*
7. Arms sideways—*Raise!* Body sideways (left or right)—*Bend!* Body—*Raise!* *Position!*
8. Jumping in place—*Jump!*
9. Inhale and exhale.
10. Games—Those of 1A.

## LESSON No. 5.

1. *Attention!* Right (or left)—*Face!*
2. Heels outward—*Move!* Heels together—*Move!*
3. Arms sideways—*Raise!* Arms overhead—*Raise!* Arms sideways—*Move!* Arms—*Down!*
4. Hands on hips—*Place!* Feet astride—*Jump!* Body sideways left—*Bend!* Body—*Raise!* Same right—*Position!*
5. Hands on hips—*Place!* Left (or right) foot backward—*Place!* Heels—*Raise!* Heels—*Sink!* Feet together—*Place!*
6. Skipping—Hands on hips with backs of fingers on hips—*Place!* Two rows skip around one row of seats. Ready—*Go!*
7. Arms sideways, upward—*Raise!* (Inhale.) Arms sideways, downward. (Exhale.)
8. Games—Visiting—Drop the Handkerchief.

## LESSON No. 6.

Alternation of Lessons 1, 2, 3, 4 and 5.



## GRADE 2A

First two weeks review work of Grade 1B.

## LESSON No. 1.

1. *Attention! At Ease! Attention!*
2. Right (or left)—*Face!* One step left—*March!* Left or right—*Face!*
3. Hands on hips—*Place!* Head backward—*Bend!* Head—*Raise!* *Position.*
4. Hands on shoulders—*Place!* Arms sideways—*Stretch!* On shoulders *Place!* Arms forward—*Stretch!* On shoulders—*Place!* Hands—*Down!*
5. Arms backward—*Fold!* Feet—*Close!* Feet—*Open!* *Close!* *Open!*
6. Hands on neck—*Place!* Body forward—*Bend!* (Eyes front.) Body—*Raise!*
7. Hands on hips—*Place!* Left (or right) knee upward—*Bend!* (Toe pointing down.) Knee—*Stretch!*
8. Inhale and exhale.
9. Games—Tag with chalk mark in front of room as starting place.

## LESSON No. 2.

1. *Attention! Left—Face! Right—Face!* etc.
2. Feet—*Close!* *Open!* Left foot backward—*Place!* *Replace!* Right foot backward—*Place!* *Replace!*
3. Hands on hips—*Place!* Head to the left—*Twist!* Forward—*Twist!* To right—*Twist!* Forward—*Twist!*
4. Arms forward—*Raise!* Downward—*Sink!*
5. Hands on hips and left (or right) foot outward—*Place!* Heels—*Raise!* Heels—*Sink!* *Position!* (The body must not sway but rest evenly on both legs.)
6. Hands on hips—*Place!* Body backward (slowly and not too far)—*Bend!* Body—*Raise!*
7. Hands on hips and feet sideways—*Place!* *One!* *Two!* Body right (or left)—*Twist!* Body forward—*Twist!*
8. Inhale and exhale.
9. Games—Potato Relay.

## LESSON No. 3.

Alternation of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!*
2. Countermarch. (Teach countermarch both left and right and change leaders frequently.)
3. Hands on hips—*Place!* Left (or right) foot forward—*Place!* Feet together—*Place!* Repeat.
4. Arms sideways—*Raise!* Head backward—*Bend!* Head—*Raise!* Arms downward—*Sink!*
5. Hands on shoulders—*Place!* Arms forward—*Stretch!* *Bend!* Sideways—*Stretch!* *Bend!* Upward—*Stretch!* *Bend!*
6. Hands on hips—*Place!* Knees—*Bend!* Knees—*Stretch!* *Position!*
7. Hands on hips—*Place!* Body forward—*Bend!* Body—*Raise!*
8. Body right (or left)—*Bend!* Body—*Raise!*
9. Arms sideways, upward—*Raise!* (Inhale.) Arms sideways, downward. (Exhale.)
10. Games. Follow the Leader—Jumping Over the Brook.

## LESSON No. 5.

1. *Attention!* Two steps forward—*March!* *Left!* *Right!* *Left!* Two steps backward—*March!* *Left!* *Right!* *Left!*

2. Arms sideways and upward—*Stretch!* *One!* *Two!* Arms sideways and downward—*Stretch!* *Three!* *Four!*
3. Hands on hips—*Place!* Body forward—*Bend!* Body—*Raise!* Head backward—*Bend!* Head—*Raise!*
4. Arms sideways—*Raise!* Palms upward—*Turn!* Palms downward—*Turn!* Arms—*Sink!*
5. Hands on hips—*Place!* Left (or right) leg backward—*Stretch!* Leg—*Sink!*
6. Hands on hips and feet sideways—*Place!* *One!* *Two!* Body left—*Twist!* Body front—*Twist!* *Position!*
7. Hands on hips—*Place!* Ready—*Jump!*
8. Arms sideways—*Raise!* (Inhale.) Arms downward—*Sink!* (Exhale.)
9. Games—Bean Bag Passing Overhead—Cat and Mouse.

## LESSON No. 6.

Alternation of Lessons 1, 2, 3, 4 and 5.

## GRADE 2B

First two weeks review work of Grade 2A.

## LESSON No. 1.

1. *Attention!* Two steps forward—*March!* *Left!* *Right!* *Left!* Two steps backward—*March!* *Left!* *Right!* *Left!* (Finish with heels together.) Feet sideways—*Place!* *One!* *Two!* Feet together—*Place!*
2. Hands on hips—*Place!* Head left (or right)—*Twist!* Forward—*Twist!*
3. Arms forward—*Bend!* Sideways—*Stretch!* (Repeat rapidly.)
4. Arms backward—*Fold!* Left (or right) leg forward—*Raise!* Leg—*Sink!* (Repeat slowly.)
5. Hands on hips—*Place!* Body forward—*Bend!* Body—*Raise!*
6. Body backward—*Bend!* Body—*Raise!*
7. Body left (or right)—*Bend!* Body—*Raise!*
8. In place—*Run!* (Knees raised well in front, body erect, head up, run on toes, use arms to help run.)
9. Breathing.
10. Games—Shoemaker Dance—Jack Says "Up."

## LESSON No. 2.

1. *Attention!* Drill on facings, left and right. (Quick response.)
2. Left foot forward—*Place!* Feet—*Change!* Repeat.
3. Hands on hips and feet sideways—*Jump!* Body forward—*Bend!* Body *Raise!* Head left—*Twist!* Forward—*Twist!* Head right—*Twist!* Forward—*Twist!*
4. Arms sideways—*Raise!* Arms rotate—*Go!*
5. Hands on neck—*Place!* Heels—*Raise!* Heels—*Sink!*
6. Hands on hips—*Place!* Body forward—*Bend!* Body—*Raise!* Body backward—*Bend!* Body—*Raise!*
7. Jump forward—*Jump!* *Jump!* etc. (Land lightly on both toes, keep body erect, bend knees in landing.)
8. Arms forward, upward—*Raise!* (Inhale.) Forward, downward (Exhale.)
9. Games—Automobile Race—London Bridge.

## LESSON No. 3.

Alternations of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention! March!* (Any form of a march around room.)
2. Hands on shoulders—*Place!* Elbows forward—*Move!* Elbows backward—*Fling!* (Repeat.) *Position!*



3. Arms forward—*Bend!* Arms sideways—*Fling!* *Position!*
4. Hands on neck—*Place!* Knees—*Bend!* Knees—*Stretch!*
5. Feet astride—*Jump!* Clasp hands on right shoulder—*Clasp!* Strike left toe with clasped hands—*Bend!* *Stretch!* (Wood Chopping.)
6. Reverse exercise 5.
7. Body left (or right)—*Bend!* Body—*Raise!*
8. Skipping.
9. Heels—*Raise!* (Inhale.) Heels—*Sink!* (Exhale.)
10. Games—Those of 2A.

## LESSON No. 5.

1. *Attention!* Right—*Face!* Two steps sideways—*March!* Left! Right! Left! Right! (Repeat.)
2. Hands on neck—*Place!* Head right—*Twist!* Forward—*Twist!* Left—*Twist!* Forward—*Twist!*
3. Hands on shoulders—*Place!* Forward—*Stretch!* On shoulders—*Place!* Sideways—*Stretch!* On shoulders—*Place!* *Position!*
4. Hands on hips—*Place!* Left (or right) leg outward—*Raise!* Leg—*Sink!* (Repeat slowly on both sides.)
5. Hands on neck—*Place!* Body forward—*Bend!* (Eyes front.) Body—*Raise!*
6. Body backward—*Bend!* Body—*Raise!* *Position!*
7. Hands on neck—*Place!* Body left (or right)—*Twist!* Forward—*Twist!*
8. Forearms—*Raise!* In place—*Run!*
9. Breathing.
10. Games—Action Songs from Music Course.

## LESSON No. 6.

Alternation of Lessons 1, 2, 3, 4 and 5.

## GRADE 3A

First two weeks review work of Grade 2B.

*Beginning in this grade boys and girls should be in separate rows for every lesson in Gymnastics.*

## LESSON No. 1.

1. *Attention!* Marching or Facings.
2. Arms forward—*Bend!* Arms sideways—*Fling!* Forward—*Bend!*
3. Same as 2 with heel raising.
4. Wood chopping—See Grade 2B, Lesson 4, Ex. 5.
5. Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!*
6. Body left (or right)—*Twist!* Body forward—*Twist!*
7. Hands on hips—*Place!* Heels—*Raise!* Arms forward stretch and knees—*Bend!* Hands on hips and knees—*Stretch!* Heels—*Sink!*
8. Forearms—*Raise!* Two rows run around one row of seats—*Run!*
9. Breathing.
10. Games—Crossing the Brook—Blackboard Relay.

## LESSON No. 2.

1. *Attention!* Short command requiring quick response.
2. Hands on shoulders—*Place!* Arms forward—*Stretch!* On shoulders—*Place!* Sideways—*Stretch!* On shoulders—*Place!* *Position!*
3. Arms sideways—*Raise!* Head forward—*Bend!* Head—*Raise!* Head backward—*Bend!* Head—*Raise!*
4. Arms to thrust—*Bend!* Forward—*Thrust!* To thrust—*Bend!* Sideways—*Thrust!* To thrust—*Bend!*
5. Hands on neck—*Place!* Body forward—*Bend!* Body—*Raise!* Body backward—*Bend!* Body—*Raise!* *Position!*

6. Arms sideways—*Raise!* Touch the floor on right with right fingers—*Bend!* Body—*Raise!* Same left—*Bend!* *Raise!*
7. Arms forward—*Raise!* and knees—*Bend!* Hands at sides and knees—*Stretch!*
8. Hands on hips—*Place!* Left knee upward—*Bend!* Leg forward—*Stretch!* Knee upward—*Bend.* Leg—*Sink!* Repeat slowly.
9. Same to right.
10. Arms sideways, upward—*Raise!* (Inhale.) Arms sideways, downward. (Exhale.)
11. Game—The Hound and the Hare.

## LESSON No. 3.

Alternation of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!* About—*Face!* About—*Face!*
2. Left foot forward—*Place!* *Replace!* Left foot outward—*Place!* *Replace!* Same right.
3. Hands on hips—*Place!* Head left—*Twist!* Forward—*Twist!* Head right—*Twist!* Forward—*Twist!* Backward—*Bend!* Upward—*Raise!*
4. Hands on shoulders—*Place!* Forward stretch and heels—*Raise!* On shoulders and heels—*Sink!* Sideways stretch and heels—*Raise!* On shoulders and heels—*Sink!*
5. Hands on hips—*Place!* Right knee upward—*Bend!* Downward—*Stretch!* Left knee upward—*Bend!* Downward—*Stretch!*
6. Left arm sideways and right arm upward—*Stretch!* (One) *Change!* (Two) Downward—*Stretch!*
7. Feet sideways—*Jump!* Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!* *Position!*
8. Hands on hips and feet sideways—*Jump!* Body right—*Twist!* Forward—*Twist!* Body left—*Twist!* Forward—*Twist!*
9. In place—*Jump!*
10. Left foot outward and hands on hips—*Place!* Heels—*Raise!* *Sink!* Feet—*Change!* One! Two! Heels—*Raise!* *Sink!* *Position!*
11. Breathing.
12. Games—Automobile Race—Potato Relay.

## LESSON No. 5.

1. *Attention!* Foot placings. (See previous lessons.)
2. Hands on hips—*Place!* Body forward—*Bend!* Head backward—*Bend!* Head—*Raise!* Body—*Raise!*
3. Arms sideways—*Raise!* Palms upward—*Turn!* Palms downward—*Turn!* Arms—*Down!*
4. Arms forward—*Raise!* Upward—*Fling!* Sideways—*Fling!* Arms—*Down!*
5. Hands on neck—*Place!* Feet sideways—*Jump!* Heels—*Raise!* Knees half—*Bend!* Knees—*Stretch!* Heels—*Sink!* *Position—Jump!* (Jump feet together at same time dropping hands at sides.)
6. Hands on hips—*Place!* Body forward—*Bend!* Body—*Raise!*
7. Feet sideways—*Jump!* Body backward—*Bend!* Body—*Raise!*
8. Body left—*Bend!* Body—*Raise!* Body right—*Bend!* Body—*Raise!*
9. Hands on hips—*Place!* Feet sideways—*Jump!* Feet together—*Jump!* (Repeat rapidly.)
10. Heels—*Raise!* (Inhale.) Heels—*Sink!* (Exhale.)
11. Games—Bean Bag Passing Overhead—Bend and Stretch Relay.

## LESSON No. 6.

Alternation of Lessons 1, 2, 3, 4 and 5.



## GRADE 3B

First two weeks review work of Grade 3A.

## LESSON No. 1.

1. *Attention!* Countermarch—*Mark Time!* *Left!* *Right!* *Etc.*
2. Alternate heels and toes—*Raise!* *One!* *Two!* *Three!* *Four!*
3. Arms sideways—*Raise!* Head right—*Bend!* Upward—*Raise!* Left—*Bend!* Upward—*Raise!* Arms—*Sink!*
4. Arms forward—*Bend!* Sideways—*Fling!* (Repeat vigorously and in quick time.)
5. Hands on neck—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* *Bend!* *Stretch!* Heels—*Sink!* *Position!*
6. Hands on hips and feet sideways—*Place!* *One!* *Two!* Body forward—*Bend!* Body—*Raise!* *Position!*
7. Hands on neck and left foot forward—*Place!* Body backward—*Bend!* Body—*Raise!* Feet—*Change!* Repeat. (Weight of body evenly on both legs.)
8. Hands on neck—*Place!* Body left—*Bend!* Body—*Raise!* Body right—*Bend!* Body—*Raise!*
9. Quick time in place—*March!* *Left!* *Right!* *Left!* *Right!* Class—*Halt!* *One!* *Two!*
10. Hands on shoulders—*Place!* Arms upward stretch and heels—*Raise!* Hands on shoulders and heels—*Sink!* Repeat in slow time.
11. Arms sideways—*Raise!* Arms upward—*Raise!* (Inhale.) Arms sideways—*Sink!* (Exhale.) Arms—*Down!*
12. Games—Last Man.

## LESSON No. 2.

1. *Attention!* Left—*Face!* Sideways right—*March!* *One!* *Two!* etc. Return.
2. Head backward—*Bend!* Head—*Raise!* Head forward—*Bend!* Head—*Raise!* Head left—*Twist!* Forward—*Twist!* Head right—*Twist!* Forward—*Twist!*
3. Hands on shoulders—*Place!* Arms upward—*Stretch!* Shoulders—*Place!* Forward—*Stretch!* Shoulders—*Place!* Sideways—*Stretch!* Shoulders—*Place!* (Six counts)—*Go!*
4. Arms to thrust and feet sideways—*Jump!* Bend forward, touch your toes—*Bend!* Arms to thrust and body—*Raise!* Hands at sides and feet together—*Jump!*
5. Hands on hips—*Place!* Heels—*Raise!* Arms forward stretch and knees—*Bend!* Hands on hips and knees—*Stretch!* Heels—*Sink!*
6. Arms sideways and heels—*Raise!* Rotate arms backward—*Go!* (Body must not sway, keep knees stiff.)
7. Hands on hips—*Place!* Right leg forward—*Raise!* Leg—*Sink!* Leg sideways—*Raise!* Leg—*Sink!*
8. Same with left leg.
9. Arms forward, upward, and feet sideways—*Jump!* Body—*Raise!* Body left—*Bend!* Body—*Raise!* *Position!* *Jump.*
10. Forearms up ready to run—*Go!* Two rows run around one row of seats.
11. Breathing.
12. Games—Automobile Race—Blackboard Relay.

## LESSON No. 3.

Alternation of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!* Left—*Face!* One step left—*March!* About—*Face!* One step left—*March!* Left—*Face!*

2. Arms forward, upward, and heels—*Raise!* Arms sideways, downward and heels—*Sink!*
3. Hands on hips—*Place!* Body forward—*Bend!* Body—*Raise!* Body backward—*Bend!* Body—*Raise!* Hands—*Down!*
4. Right arm upward—*Raise!* Right arm downward, left arm upward—*Raise!* (2 counts.)
5. Same as Exercise 4, but raise right heel with right arm, left heel with left arm.
6. Arms sideways raise and feet sideways—*Jump!* Touch floor on left with left fingers—*Bend!* Body—*Raise!* Same to right—*Bend!* Body *Raise!* Position of attention—*Jump!*
7. Feet sideways, hands on neck—*Place!* Body right—*Twist!* Forward—*Twist!* Left—*Twist!* Forward—*Twist!*
8. Arms sideways raise and knees—*Bend!* Hands at sides and knees—*Stretch!*
9. In place—*Jump!* *One!* *Two!* *Three!* *Four!* *Five!* *Six!*
10. Hands on hips—*Place!* Left leg backward—*Raise!* Leg—*Sink!* Right leg backward—*Raise!* Leg—*Sink!*
11. Breathing.
12. Games—The Old Hen and the Fox—Tag the Wall Relay.

## LESSON No. 5.

1. *Attention!* Foot placings. See previous lessons.
2. Arms forward—*Bend!* Head forward—*Bend!* Head—*Raise!* *Position!*
3. Arms sideways—*Raise!* Palms upward—*Turn!* Palms downward—*Turn!* Arms—*Sink!*
4. Hands on hips—left leg sideways—*Raise!* Leg—*Sink!* Right leg sideways—*Raise!* Leg—*Sink!*
5. Wood chopping. See Grade 2B, Lesson 4, Exercise 5.
6. Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!*
7. Body right—*Bend!* Body—*Raise!* Body left—*Bend!* Body—*Raise!*
8. Mark time—*Mark!* On toes—*March!* Class—*Halt!* *One!* *Two!*
9. Arms sideways, upward, sideways—*Down!* (4 counts.)
10. Face for countermarch—*Face!* Mark time—*Mark!* March forward eight steps, skip forward eight—*March!*
11. Breathing.
12. Games—Hound and Hare—Simon "Says."

## LESSON No. 6.

Alternation of Lessons 1, 2, 3, 4 and 5.

## GRADE 4A

First two weeks review work of 3B.

## LESSON No. 1.

1. *Attention!* Marchings or Facings.
2. Hands on shoulders—*Place!* Head backward—*Bend!* Head—*Raise!* Forward—*Bend!* Head—*Raise!*
3. Arms to thrust—*Bend!* Upward—*Thrust!* To thrust—*Bend!* Sideways—*Thrust!* To thrust—*Bend!* *Position!*
4. Arms to thrust and left leg forward—*Raise!* *Position!* Same right—*Raise!* *Position!*
5. Arms to thrust—*Bend!* Left arm upward, right arm outward—*Thrust!* Arms to thrust—*Bend!* Repeat Reverse. Repeat.
6. Arms forward raise and body to right—*Twist!* Arms sink, body forward—*Twist!* Arms forward raise, body to left—*Twist!* Arms sink, body forward—*Twist!*
7. Arms upward, feet sideways—*Jump!* Bend forward touch toes—*Bend!* Arms upward, body—*Raise!* *Position—Jump!*



8. Hands on hips and feet sideways—*Jump!* Arms sideways stretch and left knee—*Bend!* Hands on hips and knee—*Stretch!* The same with right knee—*Bend!* *Stretch!*
9. Hands on shoulders—*Place!* Arms upward stretch and heels—*Raise!* Hands on shoulders and heels—*Sink!*
10. Breathing.
11. Games—Bean Bag Tossing Relay. (Use old indoor baseball, develops aim and catch.)

## LESSON No. 2.

1. *Attention!* Left—*Face!* One step to left—*March!* etc.
2. Swing arms forward, upward, and heels—*Raise!* Arms forward, downward, backward, and heels—*Sink!* 2 counts. (This can also be done with hand clapping.)
3. Hands on hips—*Place!* Head left—*Twist!* Backward—*Bend!* Upward—*Raise!* Forward—*Twist!* To right—*Twist!* Backward—*Bend!* Upward—*Raise!* Forward—*Twist!* When head is twisted to left it is bent backward toward the right shoulder. Slow movements.)
4. Hands on shoulders—*Place!* Arms stretching in three directions, downward, sideways, upward. (Six counts.)—*Go!*
5. Hands on hips and left foot forward—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* Feet—*Change!* Repeat.
6. Arms forward—*Bend!* Sideways—*Fling!* Forward—*Bend!*
7. Hands on neck—*Place!* Body backward—*Bend!* Body—*Raise!*
8. Feet close and hands on hips—*Place!* Body to left—*Twist!* Forward—*Twist!* Body to right—*Twist!* Forward—*Twist!*
9. In Place—*Jump!* *One!* *Two!* *Three!* *Four!*
10. Mark time—*Mark!* (Slow time.)
11. Breathing.
12. Games. Last Man—Automobile Race.

## LESSON No. 3.

Alternation of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!* Right (or left)—*Face!* Feet—*Close!* *Open!* Alternate toes—*Raise!* *One!* *Two!*
2. Hands on neck—*Place!* Head backward—*Bend!* Head—*Raise!* Head forward—*Bend!* Head—*Raise!*
3. Arms to thrust—*Bend!* Arms forward, sideways, upward—*Thrust!* (Six counts.)—*Go!*
4. Hands on hips—*Place!* Left (or right) leg forward—*Raise!* Leg—*Sink!*
5. Arms sideways—*Raise!* Palms upward—*Turn!* Palms downward—*Turn!* Arms—*Sink!* Hands on hips—*Place!* Body forward—*Bend!* Body—*Raise!* Arms downward—*Stretch!*
6. Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!*
7. Body left (or right)—*Bend!* Body—*Raise!*
8. Running in place—*Run!*
9. Arms sideways—*Raise!* (Inhale) Arms—*Sink!* (Exhale).
10. Games—Refuge Tag.

## LESSON No. 5.

1. *Attention!* Facings. Foot placings. See previous lessons.
2. Arms forward, upward, heels—*Raise!* Arms sideways, downward, heels—*Sink!*
3. Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!*
4. Left arm upward, right arm downward—*Stretch!* Hands on hips—*Place!* Right arm upward, left arm downward—*Stretch!* Hands on

- hips—*Place!* Both arms sideways—*Stretch!* Hands on hips—*Place!* (Six counts.)
5. Hands on hips, and feet sideways—*Place!* *One!* *Two!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* *Position!* *One!* *Two!*
  6. Arms sideways—*Raise!* Body forward—*Bend!* Body—*Raise!* Arms—*Sink!*
  7. Right foot forward and hands on neck—*Place!* Body—backward—*Bend!* Body—*Raise!* Feet—*Change!* Same.
  8. Hands on neck and feet sideways—*Jump!* Body to left—*Bend!* Body—*Raise!* Body to right—*Bend!* Body—*Raise!*
  9. Hands on hips—*Place!* Feet sideways—*Jump!* Feet together—*Jump!* Repeat.
  10. Hands on hips—*Place!* Right leg backward—*Raise!* Leg—*Sink!* Left leg backward—*Raise!* Leg—*Sink!*
  11. Arms sideways, upward and heels—*Raise!* (Inhale.) *Sink!* (Exhale.)
  12. Games—Bend and Stretch Relay.

## LESSON No. 6.

Alternation of Lessons 1, 2, 3, 4, and 5.

## GRADE 4B

First two weeks review work of Grade 4A.

## LESSON No. 1.

1. *Attention!* Right—*Face!* About—*Face!* Left—*Face!* etc.
2. Hands on hips—*Place!* Body forward—*Bend!* Head backward—*Bend!* Head—*Raise!* Body—*Raise!*
3. Arms forward, upward—*Fling!* Sideways, downward—*Sink!*
4. Left arm sideways, right arm forward—*Raise!* Arms—*Sink!* Reverse! *Raise!* *Sink!* Hands on hips—*Place!* Touch toes—*Bend!* Hands on hips, body—*Raise!* Arms downward—*Stretch!* (Eight counts.)
5. Hands on hips—*Place!* Left (or right) leg backward—*Raise!* (Knee straight and toe pointing). Leg—*Sink!*
6. Arms sideways—*Raise!* Body backward—*Bend!* Body—*Raise!*
7. Arms forward—*Bend!* Body to right—*Bend!* *Raise!* To left—*Bend!* *Raise!* Arms—*Down!*
8. Hands on hips—*Place!* Feet sideways—*Jump!* Feet together—*Jump!*
9. Heels—*Raise!* Heels—*Sink!*
10. Arms forward, upward (Inhale). Sideways, downward (Exhale).
11. Games—Those of Grade 4A.

## LESSON No. 2.

1. *Attention!* Marching forward, backward, sideways.
2. Feet sideways and arms upward—*Place!* *One!* *Two!* Heels—*Raise!* Knee—*Bend!* Knees—*Stretch!* Heels—*Sink!* *Position!* *One!* *Two!*
3. Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!* Forward—*Bend!* Body—*Raise!*
4. Arms forward, upward, sideways, downward (two counts)—*Begin!*
5. Arms backward—*Fold!* Right knee upward—*Bend!* Leg forward—*Stretch!* Knee upward—*Bend!* Downward—*Stretch!* Left knee the same.
6. Hands on hips—*Place!* Body forward—*Bend!* Head—*Twist!* Left arm forward, right arm forward. Body—*Raise!* Arms—*Down!*
7. Hands on neck—*Place!* Body backward—*Bend!* Body—*Raise!* Arms downward—*Stretch!*
8. Arms upward stretch and feet sideways—*Jump!* Body left—*Twist!* Right—*Twist!* Forward—*Twist!* Right—*Twist!* Forward—*Twist!* Position—*Jump!*



9. Hands on hips—*Place!* Left foot forward—*Place!* Feet—*Change!* (Quickly.) Repeat.
10. Arms forward—*Bend!* Heels raise and arms sideways—*Fling!* (Slowly, inhale.) Arms bend and heels—*Sink!* (Exhale).
11. Games—Those of Grade 4A.

## LESSON No. 3.

Alternation of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!* One step backward—*March!* About—*Face!* About—*Face!* One step forward—*March!*
2. Arms upward stretch and head backward—*Bend!* *Position!* Arms forward stretch, head forward—*Bend!* *Position!*
3. Arms forward, sideways, forward, down (Four counts)—*Begin!*
4. Hands on neck—*Place!* Body forward—*Bend!* Body—*Raise!* Body left—*Twist!* Forward—*Twist!*
5. Body backward—*Bend!* Body—*Raise!* Body right—*Twist!* Forward—*Twist!* *Position!*
6. Hands on shoulders—*Place!* Arms upward and heels—*Raise!* Hands on shoulders and heels—*Sink!* Arms sideways and knees—*Bend!* Hands on shoulders, knees—*Stretch!*
7. Left foot forward place and arms to thrust—*Bend!* Arms forward thrust and left knee—*Bend!* Arms to thrust bend and left knee—*Stretch!*
8. Feet change. Same as Exercise 7, but bending right knee.
9. Skipping.
10. Arms and left leg sideways—*Raise!* Arms and leg—*Change!*
11. Breathing.
12. Games—Blackboard Relay—Refuge Tag.

## LESSON No. 5.

1. *Attention!* Two steps forward—*March!* About—*Face!* Left—*Face!* Two steps right—*March!* Left—*Face!* etc.
2. Heels—*Raise!* Knees bend and arms sideways, upward—*Raise!* Knees—*Stretch!* Heels and arms—*Sink!*
3. Hands on neck.—*Place!* Body backward—*Bend!* Upward—*Raise!* Head left—*Twist!* Forward—*Twist!* Right—*Twist!* Forward—*Twist!*
4. Left arm forward and right arm backward—*Raise!* *Change!* Repeat.
5. Hands on hips—*Place!* Left knee upward—*Bend!* Backward—*Stretch!* Upward—*Bend!* Downward—*Stretch!* Right knee the same.
6. Hands on neck and feet sideways—*Jump!* Body forward—*Bend!* Upward—*Raise!* *Position—Jump!*
7. Arms upward stretch and left foot forward—*Place!* Body backward—*Bend!* Upward—*Raise!* Feet—*Change!* Repeat.
8. Right arm upward stretch and feet—*Close!* Body left—*Bend!* Body—*Raise!* Arms—*Change!* Body right—*Bend!* Body—*Raise!*
9. Hands on hips—*Place!* Feet sideways—*Jump!* Feet together—*Jump!*
10. Left foot sideways—*Place!* Heels—*Raise!* Heels—*Sink!* Left foot—*Replace!* Same with right foot. (Eight counts.)
11. Arms forward—*Bend!* Arms outward—*Fling!* (Slowly inhale.) Arms downward—*Sink!* (Quickly exhale.)
12. Games—Indoor Volley Ball.

## LESSON No. 6.

Alternation of Lessons 1, 2, 3, 4, and 5.

## GRADE 5A

## LESSON No. 1.

1. *Attention!* Facing R. and L. Foot placings forward and sideways.

- Fundamental position of hands. On hips—*Place!* On shoulders—*Place!* Upwards—*Stretch!* To thrust—*Move!* etc.
2. Hands on hips—*Place!* Head left (or right)—*Twist!* Front—*Twist!* On count—*Go!* 2 or 4 counts. Backwards—*Bend!* Head—*Raise!* On count—*Go!* 2 counts.
  3. Arms forward—*Bend!* (Hands are placed in front of chest, elbows straight out from shoulders.) Arms sideward—*Fling!* *Bend!* *Fling!* On count—2 counts.
  4. Hands on neck—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* On count—4 counts.
  5. Arms to thrust—*Bend!* Thrust arms forward, recover, thrust arms sideward, recover. On count—4 counts.
  6. Body forward—*Bend!* Body—*Raise!* (Eyes up.) Body backward—*Bend!* Body—*Raise!* (All bending above the waist. Look at ceiling.) On count—4 counts. Drag counts one and three.
  7. Body left—*Twist!* Front—*Twist!* Body right—*Twist!* Front—*Twist!* On count—4 counts. Drag counts one and three.
  8. Running in place—*Run!* (Knees well up—run on toes.)
  9. Inhale and exhale. Inhale slowly. Exhale fast, do not hold breath.
  10. Games. See Organized Play.
- Call class to *attention* after game and make them stand perfectly still for about 20 seconds.  
One "At Rest" period should be given in middle of each lesson.  
"At Ease" should be used to explain a new exercise.

## LESSON No. 2.

1. *Attention!* Facing R. and L. Foot placings and fundamental position of hands.
2. Arms backward—*Fold!* Head left (or right)—*Bend!* Head—*Raise!* On count—2 counts.
3. Arms forward and upward—*Fling!* Arms sideward and downward—*Fling!* On count—2 counts. (Arms should not make a noise when brought to sides.)
4. Left (or right) foot forward—*Place!* Hands on neck—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* On count—4 counts.
5. Hands on shoulders—*Place!* Arms forward, sideward, and upward—*Stretch!* On count—6 counts.
6. Body forward—*Bend!* Body—*Raise!* Body backward—*Bend!* Body—*Raise!* On count—4 counts.
7. Hands on hips—*Place!* Body left—*Bend!* Body—*Raise!* Body right—*Bend!* Body—*Raise!* On count—4 counts.
8. Arms sideward raise and feet sideward—*Jump!* Hand at sides, feet together—*Jump!* On count—2 counts.
9. Inhale and exhale.
10. Games.

## LESSON No. 3.

Alternating between Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!* Half left—*Face!* (45 degrees turn to the left.) Half right—*Face!*
2. Hands on shoulders—*Place!* Arms stretching in three directions, forward, sideward and upward—*Go!* On count—6 counts.
3. Hands on back of neck—*Place!* Left (or right) leg backward—*Raise!* (Knee straight and toe pointing down.) Downward—*Sink!* On count—2 counts.
4. Arms forward—*Bend!* Arms sideways stretch and heels—*Raise!* Arms forward bend and heels—*Sink!* On count—2 counts.



5. Body backward—*Bend!* Body—*Raise!* Forward—*Bend!* Body—*Raise!* On count—4 counts.
6. Body left—*Twist!* Forward—*Twist!* Right—*Twist!* Forward—*Twist!* On count—4 counts.
7. Running in place or about room.
8. Arms backward—*Fold!* Heels—*Raise!* Heels—*Sink!* On count—2 counts.
9. Inhale and exhale.
10. Games.

## LESSON No. 5.

1. *Attention!* Left face and one step left—*March!* One step right, march, and right—*Face!* (Same to right.)
2. Arms forward and upward and heels—*Raise!* Sideways and downward and heels—*Sink!* On count—2 counts. (No noise.)
3. Arms sideways—*Raise!* Body backward—*Bend!* Body—*Raise!* Arms—*Sink!* On count—4 counts.
4. Hands on hips—*Place!* Left knee upward—*Bend!* Leg forward—*Stretch!* *Bend!* Downward—*Stretch!* On count—4 counts. (Same to right.)
5. Hands on shoulders—*Place!* Left arm upward and right arm downward—*Stretch!* On count—2 counts. (Reverse.)
6. Arms sideways—*Raise!* Body forward—*Bend!* Body—*Raise!* Arms—*Sink!* On count—4 counts.
7. Hands on neck—*Place!* Body backward—*Bend!* Body—*Raise!* Hands at sides—*Place!* On count—4 counts.
8. Left foot forward—*Place!* Body left—*Bend!* Body—*Raise!* Foot—*Replace!* On count—4 counts. (Same with right.)
9. Hands on hips—*Place!* Left leg sideways—*Raise!* Hopping exercise—*Hop!* (Hop on right foot 8 or 10 counts, left knee straight, toe pointed. Hop on toe of right foot. Same to other side.)
10. Inhale and exhale.
11. Games.

## LESSON No. 6.

Alternation of Number 1, 2, 4, 5.

## GRADE 5B

First two weeks review work of Grade 5A.

## LESSON No. 1.

1. *Attention!* Arms forward—*Raise!* Arms sideways—*Move!* Forward—*Move!* Arms—*Down!* On count—4 counts.
2. Hands on hips—*Place!* Rise on toes—*Exercise!* On count—2 counts. (The body, knees fully extended, is brought smartly to the toe; the heels lowered gently.)
3. Arms to thrust—*Raise!* Shoulders—*Raise!* *Lower!* On count—2 counts.
4. Hands on hips—*Place!* Body to right—*Twist!* Front—*Twist!* Left—*Twist!* Front—*Twist!* On count—4 counts.
5. Hands on hips and feet sideways—*Jump!* Reach over and touch toes—*Bend!* Hands on hips and body—*Raise!* On count—2 counts.
6. Hands on shoulders—*Place!* Elbows forward—*Move!* Sideways—*Move!* On count—2 counts.
7. Hands on hips—*Place!* Bend body sideways R. and L. On count—4 counts.
8. Hands on hips—*Place!* Right knee upward—*Bend!* Downward—*Stretch!* Left knee upward—*Bend!* Downward—*Stretch!* On count—4 counts.

9. Hands behind back—*Fold.* Body backward—*Bend!* Body—*Raise!* On count—2 counts.
10. Inhale and exhale.
11. Games.

## LESSON No. 2.

1. *Attention!* One step forward and right—*Face!* 4 counts. Two steps left and left—*Face!* 6 counts. Three steps backward—*March!* 4 counts. Repeat to left.
2. Hands on shoulders—*Place!* Body backwards—*Bend!* Body—*Raise!* Body forward—*Bend!* Body—*Raise!* On count—4 counts.
3. Hands on shoulders—*Place!* Arms downward, forward, and upward—*Stretch!* On count—6 counts.
4. Hands on hips—*Place!* Left knee upward—*Bend!* *Stretch!* *Bend!* etc. Downward—*Stretch!*
5. Arms forward—*Bend!* Sideways fling and heel—*Raise!* Arms forward bend and heels—*Sink!* On count—2 counts.
6. Left foot forward place and arms forward and upward—*Raise!* Body left—*Twist!* Forward—*Twist!* Foot—*Replace!* On count—4 counts. Repeat to right.
7. Hands on hips—*Place!* Left leg forward—*Raise!* Right heel—*Raise!* Hop on right foot—*Hop!* (On count) *Attention!*
8. Hands back of neck—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* On count—4 counts.
9. Arms forward and upward—*Raise!* Circle arms over head—*Circle!*
10. Inhale and exhale.
11. Games.

## LESSON No. 3.

Alternate Lessons No. 1 and 2.

## LESSON No. 4.

1. *Attention!* Left and right face and foot placings.
2. Hands on shoulders—*Place!* Extend arms in three directions, forward, sideways, and upward—*Go!* On count—6 counts.
3. Arms to thrust—*Raise!* Move shoulders forward and recover. On count—2 counts. (Shoulders are relaxed and move forward as far as possible and then move backward without jerking, chest lifted.)
4. Arms backward—*Fold!* Knees half—*Bend!* Knees—*Stretch!* On count—2 counts.
5. Hands on hips—*Place!* Body forward—*Bend!* Body—*Raise!* Body backward—*Bend!* Body—*Raise!* Body to right—*Bend!* Body—*Raise!* Body to left—*Bend!* Body—*Raise!* On count—8 counts.
6. Arms forward and right foot forward—*Raise!* Arms downward and right foot downward—*Sink!* On count—2 counts. Same with left foot.
7. Arms backward—*Fold!* Left knee upward—*Bend!* Right heel raising and lowering on count—*Go!* 2 counts. Feet—*Change!* Same raising left heel.
8. Arms forward and upward and feet sideways—*Hop!* Swing hands between feet—*Bend!* Body and arms—*Raise!* To the position of attention—*Hop!* On count—4 counts.
9. Inhale and exhale.
10. Games.

## LESSON No. 5.

1. *Attention!* Facings, marching.
2. Heels—*Raise!* Heels—*Sink!* On count—2 counts.
3. Arms sideways—*Raise!* Body forward—*Bend!* Arms—*Circle!* (Arms



- circle from body to rear.) Body—*Raise!* Arms—*Sink!*
4. Left arm forward and right arm backward—*Fling!* Arms—*Change!* On count—4 counts.
  5. Hands on shoulders—*Place!* Arms upward stretch and left knee upward—*Bend!* Hands on shoulders and left knee downward—*Stretch!* Same with right knee. On count—4 counts.
  6. Hands on shoulders—*Place!* Arms extending in three directions, downward, sideways, and upwards—*Go!* On count—6 counts.
  7. Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!* On count—2 counts.
  8. Arms forward and upward—*Raise!* Body sideways right—*Bend!* Body—*Raise!* Left—*Bend!* Body—*Raise!* On count—4 counts.
  9. Hands on hips and left foot forward—*Place!* Jump to right, foot forward—*Jump!* On count—2 counts.
  10. Knees half—*Bend!* Knees—*Stretch!*
  11. Inhale and exhale.
  12. Games.

## LESSON No. 6.

Alternation of Lessons 1, 2, 4, 5.

## GRADE 6A

First two weeks review work of Grade 5B.

## LESSON No. 1.

1. *Attention!* One step forward and about—*Face!* (Left foot is placed forward and the whole body is turned 180 degrees to the right on the balls of both feet, and left foot is placed beside the right.) On count—3 counts.
2. Hands on hips—*Place!* Left foot forward—*Place!* Heels—*Raise!* Knees—*Bend!* *Stretch!* *Sink!* Same with right foot forward. On count—4 counts.
3. Hands on hips—*Place!* Body forward—*Bend!* Head to left—*Twist!* Front—*Twist!* Right—*Twist!* Front—*Twist!* Body—*Raise!*
4. Hands on shoulders and left foot forward—*Place!* Arms upward stretch and heels—*Raise!* Hands on shoulders and heels—*Sink!* On count—2 counts. Same with right foot forward.
5. Hands on hips—*Place!* Left knee upward—*Bend!* Left knee sideways—*Move!* (The leg is brought out to the left side as far as possible, still maintaining the right angle in hip and knee joints.) Knee forward—*Move!* Change—*Knees!* The same.
6. Left foot backward and hands back of neck—*Place!* Body forward—*Bend!* *Raise!* Backward—*Bend!* *Raise!* On count—4 counts. Feet change and same with right foot forward.
7. Feet sideways and hands back of neck—*Place!* Body to left—*Bend!* *Raise!* To right—*Bend!* *Raise!* On count—4 counts.
8. Arms to thrust and feet sideways—*Hop!* Thrust arms between feet—*Thrust!* Arms to thrust and body—*Raise!* To the position of attention—*Hop!* On count—4 counts.
9. Arms sideways raise and left leg sideways—*Raise!* Arms and legs—*Change!* Continue.
10. Inhale and exhale.
11. Games.

## LESSON No. 2.

1. *Attention!* Right and left face and about face.
2. Arms forward—*Raise!* Arms—*Sink!* Arms forward and upward—*Raise!* Arms—*Sink!* On count—4 counts.

3. Hands on hips—*Place!* Left knee upward—*Raise!* Leg backward—*Stretch!* *Bend!* *Stretch!* etc. (Leg is stretched backward, knee straight, toe pointing back.) Same with right.
4. Hands on shoulders—*Place!* Arms in three directions—sidewise, forward, and upward—*Go!* On count—6 counts.
5. Left hand on neck, right hand on hip—*Place!* Body to right—*Bend!* Body—*Raise!* Hands—*Change!* To left—*Bend!* *Raise!*
6. Body forward—*Bend!* Body—*Raise!* Body backward—*Bend!* Body—*Raise!*
7. Running in place—*Run!* (Knees well up, on toes.)
8. Arms sidewise—*Raise!* Arms—*Circle!* (Circle is from front to rear.)
9. Inhale and exhale.
10. Games.

## LESSON No. 3.

Alternation of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!* Arms forward—*Raise!* Swing arms sideward, recover, and downward, recover—*Go!* On count—4 counts.
2. Arms forward—*Raise!* Rise on toes, swing arms upward—recover—*Go!* On count—2 counts.
3. Hands on hips—*Place!* Twisting head left and right—*Go!* On count—4 counts.
4. Arms forward—*Raise!* Arms sidewise move, body to left—*Twist!* Arms forward move, body forward—*Twist!* On count—2 counts. (Same to right.)
5. Hands behind back—*Fold!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* On count—4 counts.
6. Hands on shoulders—*Place!* Arms sideways and body forward—*Bend!* Hands on shoulders and body—*Raise!* On count—slowly—2 counts.
7. Arms sideways—*Raise!* Rotate arms forward and backward—*Go!* (Fists are closed and arms rotated forward and backward.) On count—2 counts.
8. Hands on hips—*Place!* Bend knees to squatting position, placing hands on floor—*Go!* On count—2 counts. (Hands should be between feet, elbows between knees.)
9. Hands on hips—*Place!* Marching around the room, on toes, raising knees high in front. (Same position as knee upward bend.)
10. Inhale and exhale.
11. Games.

## LESSON No. 5.

1. *Attention!* R. and L. face and about face, etc. Foot placings with heels raised, and sink.
2. Hands on neck—*Place!* Elbows forward—*Move!* Elbows backward—*Fling!* Head backward—*Bend!* Head—*Raise!* On count—4 counts.
3. Arms forward—*Bend!* Arms sideways fling and heels—*Raise!* Arms forward bend and heels—*Sink!* On count—2 counts.
4. Hands on neck—*Place!* Left leg backward—*Raise!* *Sink!* Right leg backward—*Raise!* *Sink!* On count—4 counts.
5. Arms sideways—*Raise!* Arms—*Circle!*
6. Hands on hips—*Place!* Stretch arms over head and body backward—*Bend!* Hands on hips and body—*Raise!* Stretch arms over head and body forward—*Bend!* Hands on hips and body—*Raise!*
7. Arms forward and upward—*Raise!* Body to left—*Bend!* *Raise!* Body to right—*Bend!* *Raise!* On count—4 counts.
8. Hands on hips and feet sideways—*Place!* (2 counts.) Feet together—*Jump!* On count—3 counts.



9. Arms forward raise and right leg forward—*Raise!* Arms at side and leg downward—*Sink!* (Same with left.) On count—4 counts. (In swinging leg forward knees should be straight, toe pointed, foot as high as the hip.)
10. Inhale and exhale.
11. Games.

## LESSON No. 6.

Alternation of Lessons No. 1, 2, 4, 5.

## GRADE 6B

## LESSON No. 1.

First two weeks review work of 6A.

1. *Attention!* R. and L.—*Face!* About—*Face!* Marching.
2. Arms sideways—*Raise!* Head left—*Bend!* Head—*Raise!* Right—*Bend!* Head—*Raise!* On count—4 counts.
3. Hands on shoulders—*Place!* Heels raise and arms upward—*Stretch!* Hands on shoulders and heels—*Sink!* Arms sideways stretch and knees—*Bend!* Hands on shoulders and knees—*Stretch!* On count—4 counts.
4. Hands on neck—*Place!* Left knee upward—*Bend!* Forward—*Stretch!* Sideways—*Move!* Forward—*Move!* Upward—*Bend!* Downward—*Stretch!* On count—6 counts. (Right knee same.)
5. Left arm forward and upward and right arm sideways—*Fling!* Arms—*Change!* On count—2 counts.
6. Hands on shoulders—*Place!* Body forward bend and arms upward—*Stretch!* Hands on shoulders and body—*Raise!* Arms upward stretch and body backward—*Bend!* Hands on shoulders and body—*Raise!* On count—4 counts.
7. Arms—sideways—*Raise!* Body left—*Twist!* Forward—*Twist!* Right—*Twist!* Forward—*Twist!* On count—4 counts.
8. Running in place—*Run!* (Raise knees high and run on toes.)
9. Mark time on toes—*March!*
10. Inhale and exhale.
11. Games.

## LESSON No. 2.

1. *Attention.* Hands on shoulders—*Place!* Arms upward stretch and heels—*Raise!* Hands on shoulders and heels—*Sink!* On count—2 counts.
2. Arms forward and upward—*Raise!* Body to right—*Twist!* Front—*Twist!* Left—*Twist!* Front—*Twist!* On count—4 counts. (Hips held still, body twisting above the hips.)
3. Arms forward—*Raise!* Arms sideways move and knees—*Bend!* Arms forward move and knees—*Stretch!* Arms—*Down!* On count—4 counts.
4. Hands back of neck—*Place!* Body forward—*Bend!* Body—*Raise!* Body backward—*Bend!* Body—*Raise!* On count—4 counts. (Keep elbows well back.)
5. Arms to thrust—*Raise!* Move shoulders forward, upward, backward and down—*Begin!* On count—4 counts.
6. Flex forearms vertically—*Raise!* Extend arms upward—*Extend!* Arms to flex position—*Move!* Arms—*Down!* On count—4 counts. (Flex forearms—palms are in, hands brought to in front of shoulders, elbows at sides.)
7. Bend to squatting position, hands on the floor—*Bend!* To position of attention—*Stand!* On count—2 counts.
8. Raise arms forward and rise on toes—*Raise!* Swing arms downward to the rear and knees—*Bend!* Swing arms to front horizontal, extend

knees quickly to the "on toes position"—*Raise!* To the position of attention—*Stand!* On count—4 counts. (Preliminary jumping exercise.)

9. Mark time on toes—*March!*
10. Inhale and exhale.
11. Games.

## LESSON No. 3.

Alternation of Lessons 1 and 2.

## LESSON No. 4.

1. *Attention!* Facings, marching, etc. (By this time all children should be able to march putting the left foot down on the left count.)
2. Hands back of neck—*Place!* Body forward—*Bend!* Head backward—*Bend!* Head—*Raise!* Body—*Raise!*
3. Left arm forward and upward and right arm sideways—*Fling!* Arms—*Down!* (Reverse.) On count—4 counts.
4. Hands on neck—*Place!* Right knee upward—*Bend!* Knee outward—*Move!* Forward—*Move!* Downward—*Stretch!* On count—4 counts. (Same with right.)
5. Left arm sideways and right arm forward and upward—*Raise!* Arms—*Circle!* Arms—*Change!* Arms—*Circle!*
6. Arms forward and upward—*Raise!* Body backward—*Bend!* Body—*Raise!* Arms—*Down!* On count—4 counts.
7. Hands on hips and feet sideways—*Place!* Arms sideways raise and body to left—*Bend!* Hands on hips and body—*Raise!* Arms sideways stretch and body right—*Bend!* Hands on hips and body—*Raise!* On count—4 counts.
8. Hands on hips—*Place!* Left foot forward—*Raise!* (Knee straight, toe pointing forward and downward.) Right heel—*Raise!* Hop on right foot—*Hop!* (Hop about sixteen counts, then change feet.)
9. Hands back of neck—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* On count—4 counts.
10. Inhale and exhale.
11. Games.

## LESSON No. 5.

1. *Attention!* Left face and one step to left—*March!* Right face and one step forward—*March!*
2. Hands on hips—*Place!* Left foot forward—*Lunge!* (Left foot is carried forward about twice the distance of left foot forward place. All weight of the body carried on left foot. Left knee is bent, right knee straight.) Foot—*Replace!* Right foot forward—*Lunge!* Foot—*Replace!*
3. Left foot forward and hands back of neck—*Place!* Body backward—*Bend!* Upward—*Raise!* Feet—*Change!* (The same.)
4. Hands on shoulders place and heels—*Raise!* Arms upward stretch and knees—*Bend!* Hands on shoulders and knees—*Stretch!* To position of attention—*Stand!* On count—4 counts.
5. Hands on hips—*Place!* Left leg forward—*Raise!* Sideways—*Move!* Forward—*Move!* Foot—*Down!* On count—4 counts. (Same with right.)
6. Hands on shoulders—*Place!* Body forward—*Bend!* Arms upward—*Stretch!* On shoulders—*Place!* Body—*Raise!* On count—4 counts.
7. Left foot forward place and right arm forward and upward—*Raise!* Body to left—*Bend!* Upward—*Raise!* Arms and feet—*Change!* Body to left—*Bend!* Upward—*Raise!* To the position of attention—*Stand!*
8. Turning 90 degrees to the left in place—*Jump!* Same to the right—*Jump!* On count—4 counts. (All jumping to be done on toes.)
9. Hands on hips—*Place!* Left foot backward—*Raise!* Right knee—



*Bend!* Right knee—*Stretch!* Left foot downward—*Place!* On count—4 counts. (Keep body well up, backward leg straight, chest forward. Same with other foot.)

10. Inhale and exhale.
11. Games.

#### LESSON No. 6.

Alternation of Lessons 1, 2, 4, 5.

#### LESSON No. 1.

1. *Attention!* Facings, marching. Three steps forward, march, and about—*Face!* (Five counts.)
2. Left foot sideways—*Lunge!* (All weight is on the left foot, left knee bent, right knee straight, both feet flat on the floor.) Foot—*Replace!*
3. Hands on neck—*Place!* Body backward—*Bend!* Body—*Raise!* Hands—*Down!* On count—4 counts.
4. Arms forward—*Bend!* Heels—*Raise!* Knees—*Bend!* Arms sideways—*Fling!* Arms—*Bend!* On count—2 counts. (Be sure to keep balance.) Knees—*Stretch!* Heels—*Sink!* Arms—*Down!*
5. Hands on hips—*Place!* Left knee upward—*Bend!* Right heel—*Raise!* Heel—*Sink!* Leg downward—*Stretch!* On count—4 counts. (Same with right.)
6. Hands on shoulders—*Place!* Arms extending three directions—forward, sideways, upward—*Stretch!* On count—6 counts.
7. Arms forward and feet sideways—*Jump!* Swing arms between feet—*Bend!* Swing arms over head and body—*Raise!* To the position of attention—*Hop!* On count—4 counts.
8. Left foot forward place and right arm forward and upward—*Fling!* Body left—*Bend!* Body—*Raise!* To the position of attention—*Stand!* On count—4 counts. (Same with right foot forward.)
9. Hands on hips—*Place!* Heels—*Raise!* Knees—*Bend!* Upward—*Jump!* (Jump straight upward, landing in the knee bend position.) Knees—*Stretch!* Heels—*Sink!*
10. Left leg backward—*Raise!* *Sink!* Right leg backward—*Raise!* *Sink!* On count—4 counts.
11. Inhale and exhale.
12. Games.

#### LESSON No. 2.

1. *Attention!* Right face, two steps to right—*March!* Left face, two steps forward—*March!*
2. Arms forward and upward and right foot forward—*Lunge!* Grasp hands under right knee—*Grasp!* Arms forward and upward and body—*Raise!* To the position of attention—*Stand!* On count—4 counts. (Same with left.)
3. Arms forward and upward—*Raise!* Body backward—*Bend!* Body—*Raise!* Body forward—*Bend!* Body—*Raise!* Arms—*Down!* On count—6 counts.
4. Hands on shoulders—*Place!* Arms in three directions, forward, upward, and downward—*Stretch!* On count—6 counts.
5. Feet close and arms sideways—*Raise!* Left foot forward—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* Feet—*Change!* (Same with right foot forward.)
6. Arms forward—*Bend!* Body backward—*Bend!* Arms sideways—*Stretch!* Arms forward—*Bend!* Body—*Raise!* Arms—*Down!* On count—6 counts.
7. Hands on hips—*Place!* Left foot forward—*Lunge!* Right knee on floor—*Place!* Body backward—*Bend!* Body—*Raise!* Right knee—*Stretch!* Feet—*Change!* (Two counts to change.) Left knee on floor

—*Place!* Body backward—*Bend!* Body—*Raise!* Left knee—*Stretch!* To the position of attention—*Stand!*

8. Arms forward and upward—*Raise!* Body to left—*Bend!* Body—*Raise!* Arms—*Down!* On count—4 counts. (Same to right.)
9. Hands on hips—*Place!* Left foot forward—*Place!* Feet—*Change!* (Change should be made in one count and on toes.) Continue changing feet on count.
10. Hands on back of neck and feet sideways—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* To the position of attention—*Stand!*
11. Inhale and exhale.
12. Games.

#### LESSON No. 3.

Alternation of Lessons No. 1 and 2.

#### LESSON No. 4.

1. *Attention!* Marching and facing combination. Alternate heels and toes—*Raise!* On count—2 counts.
2. Hands back of neck—*Place!* Left foot forward—*Lunge!* Head backward—*Bend!* Head—*Raise!* Feet—*Change!* (Two counts.) Repeat with head. To the position of attention—*Stand!*
3. Arms sideways and upward—*Fling!* Arms—*Circle!* Arms sideways and downward—*Sink!*
4. Left leg sideways—*Raise!* Right heel—*Raise!* Heel—*Sink!* (Raise and sink heel on two counts.) Feet—*Change!* Left heel—*Raise!* Heel—*Sink!*
5. Hands on shoulders—*Place!* Arms extending in four directions—sideways, forward, upward and backward—*Stretch!* On count—8 counts.
6. Hands on shoulders—*Place!* Arms sideways stretch and body forward—*Bend!* Hands on shoulders and body—*Raise!* Arms sideways stretch and body backward—*Bend!* Hands on shoulders and body—*Raise!* On count—4 counts.
7. Arms sideways—*Raise!* Body to left—*Bend!* Body—*Raise!* Arms—*Sink!* On count—4 counts. (Same to right.)
8. Hands on hips and feet sideways—*Place!* Feet together and hands at sides—*Jump!* On count—3 counts.
9. Hands on hips—*Place!* Left leg forward and right heel—*Raise!* Leg downward and heel—*Sink!* Right leg forward and left heel—*Raise!* Leg downward and heel—*Sink!* On count—4 counts.
10. Inhale and exhale.
11. Games.

#### LESSON No. 5.

1. *Attention!* Right arm forward and upward, left arm backward—*Raise!* Arms—*Change!* On count—2 counts.
2. Arms to thrust—*Raise!* Hopping on toes—*Hop!* (Knees remain extended, the hop coming from the toes. Heels free from the floor. Chest and head up.)
3. Hands on hips—*Place!* Twist head right and left. On count—4 counts.
4. Arms forward and upward—*Raise!* Turn body to right and arms sideways—*Turn!* Arms upward and body front—*Turn!* (Same to the left.) On count—4 counts.
5. Arms to thrust—*Raise!* Thrusting arms forward, doing first a quarter, then a half and full knee bend. On count—6 counts.
6. Arms forward—*Raise!* Arms sideways move and body forward—*Bend!* Arms forward move and body—*Raise!* Arms—*Down!* On count—4 counts.
7. Flex shoulders forward and stretch them backward—*Go!* On count—



2 counts. (The shoulders are relaxed and moved forward and in, arms rotated inward (1), roll the shoulders back until they are square, rotating arms outward and elevating chest (2).)

8. Arms forward raise and right leg forward—*Raise!* Arms sideways move and right leg backward—*Swing!* Arms forward move and right leg forward—*Swing!* Arms and leg—*Down!* On count—4 counts. (Same with left.)
9. Bend to squatting position, hands on floor—*Bend!* Right leg backward—*Stretch!* Right leg—*Bend!* Left leg backward—*Stretch!* *Bend!* To the position of attention—*Stand!* On count—6 counts.
10. Raise arms forward and rise on toes. Bring arms downward to the rear and bend knees—*Bend!* Swing arms forward and upward—*Jump!* Land on toes, hands at sides. On count—4 counts.
11. Inhale and exhale.
12. Games.

#### LESSON No. 6.

Alternation of Lessons No. 1, 2, 4, 5.

#### GRADE 7B

First two weeks review work of 7A.

#### LESSON No. 1.

1. *Attention!* Facing and marching. Arms to thrust—*Raise!* Arms upward—*Thrust!* Swing downward—*Swing!* To thrust—*Raise!* On count—4 counts.
2. Arms forward—*Raise!* Arms downward and backward and heels—*Raise!* Arms forward and heels—*Sink!* On count—2 counts.
3. Hands on hips—*Place!* Head bending forward and backward. On count—4 counts.
4. Arms sideways raise and feet sideways—*Hop!* Hands back of neck and body to left—*Twist!* Hands at sides and body front—*Twist!* (Same right.) To the position of attention—*Hop!* On count—4 counts.
5. Hands on hips and feet sideways—*Hop!* Bend knees slowly—*Bend!* Knees—*Stretch!* To the position of attention—*Hop!* On count—4 counts.
6. Arms forward—*Raise!* Swing arms downward and backwards and body forward—*Bend!* Arms forward and body—*Raise!* Arms—*Down!* On count—4 counts.
7. Arms to thrust—*Raise!* Left arm down and right arm up—*Thrust!* Arms to thrust—*Move!* (Reverse arms.) On count—4 counts.
8. Arms sideways raise and feet sideways—*Hop!* Move arms over head and body sideways right—*Bend!* Arms sideways and body—*Raise!* Arms upward and body left—*Bend!* Arms sideways and body—*Raise!*
9. Swing arms forward, sideways, upward, sideways, forward, and down *Go!* On count—6 counts.
10. Arms forward raise and left foot forward—*Place!* Arms sideways move and left foot backward—*Raise!* Arms forward move and left foot forward—*Place!* To the position of attention—*Stand!* (Same with the right.) On count—8 counts.
11. Inhale and exhale.
12. Games.

#### LESSON No. 2.

1. *Attention!* Facings. Marching, etc. Hands on hips and feet sideways *Place!* Hands at sides and feet together—*Place!* On count—4 counts.
2. Hands back of neck—*Place!* Elbows forward—*Move!* Elbows backward fling and heels—*Raise!* On count—2 counts.

3. Body forward—*Bend!* Arms forward and upward—*Fling!* Sideways and downward—*Sink!* Body—*Raise!* On count—4 counts.
4. Left knee upward—*Bend!* Leg forward—*Stretch!* Upward—*Bend!* Downward—*Stretch!* (Same with right.) On count—8 counts.
5. Left arm forward and upward and right arm sideways—*Fling!* Arms at side—*Place!* Right arm forward and upward and left arm sideways—*Fling!* Arms at sides—*Place!* On count—4 counts.
6. Arms forward—*Bend!* Body backward—*Bend!* Arms sideways—*Stretch!* Arms forward—*Bend!* Body—*Raise!* Arms—*Down!* On count—6 counts.
7. Arms forward and upward and left foot forward—*Place!* Body to left—*Bend!* Body—*Raise!* To the position of attention—*Stand!* (Same with right.) On count—4 counts.
8. Hands on hips—*Place!* Left knee upward—*Bend!* Right heel—*Raise!* Hopping on right foot—*Hop!* Left leg downward—*Stretch!* (Same with the right leg.)
9. Hands on hips—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* On count—4 counts.
10. Inhale and exhale.
11. Games.

#### LESSON No. 3.

Alternation of Lessons No. 1 and 2.

#### LESSON No. 4.

1. *Attention!* Marching around the room, knees raised high, marching on toes.
2. Arms forward and upward—*Raise!* Swing arms backward, downward, forward and upward—in one count—*Go!* (Arms are held momentarily over the head at each count.)
3. Arms sideways and upwards, feet sideways—*Hop!* Arms at sides and feet together—*Hop!* On count—2 counts. (All hopping should be on the toes.)
4. Arms forward raise and feet sideways—*Hop!* Lace fingers together—*Lace!* Turn body to right—*Turn!* Front—*Turn!* Left—*Turn!* Front *Turn!* On count—4 counts. (Turn body to right, or left, forcing the laced hands as far as possible to the right or left. Recover starting position.)
5. Hands on hips and knees—*Bend!* Arms over head and slowly knees—*Stretch!* Hands on hips and knees—*Bend!* On count—2 counts.
6. Arms forward and upward and feet sideways—*Hop!* Arms between legs and body forward—*Bend!* Arms over head and body—*Raise!* To the position of attention—*Hop!* On count—4 counts.
7. Arms to thrust—*Raise!* Thrust arms forward, sideways, upward and downward—*Go!* On count—8 counts.
8. Arms forward and upward and feet sideways—*Hop!* Fingers—*Lace!* Bend body to right—*Bend!* Body—*Raise!* Body to left—*Bend!* Body—*Raise!* On count—4 counts.
9. Hands on shoulders—*Place!* Right arm upward, left arm sideways—*Fling!* Hands on shoulders—*Place!* Left arm upward and right arm sideways—*Fling!* Hands on shoulders—*Place!* On count—4 counts.
10. Arms forward—*Raise!* Arms sideways move and left foot forward—*Lunge!* Arms forward move and foot—*Replace!* Arms—*Down!* On count—4 counts. (Same with the right.)
11. Inhale and exhale.
12. Games.

#### LESSON No. 5.

1. *Attention!* Facings and marching. Hands on hips—*Place!* Left foot forward—*Lunge!* Feet—*Change!* (2 counts.)



2. Hands on hips—*Place!* Body forward—*Bend!* Head—*Circle!* Body—*Raise!*
3. Left arm forward and upward, and right arm sideways—*Fling!* Hands at sides—*Place!* Right arms forward and upward and left arm sideways—*Fling!* Hands at sides—*Place!* On counts—4 counts.
4. Left arm forward and upward and right arm backward and left forward—*Lunge!* Right foot and left heel—*Raise!* (Rise on left toe, thus lifting right foot off the floor.) Right foot and left heel—*Sink!* To the position of attention—*Stand!* On count—4 counts. (Same with right.)
5. Arms forward and upward—*Raise!* Body forward—*Bend!* Body—*Raise!* Body backward—*Bend!* Body—*Raise!* Arms at sides—*Place!* On count—6 counts.
6. Hands on hips and feet sideways—*Place!* Touch right foot with left hand—*Place!* Hand on hip and body—*Raise!* Touch left foot with right hand—*Place!* Hand on hip and body—*Raise!* On count—4 counts.
7. Arms forward and upward and feet—*Close!* Body to left—*Bend!* Body—*Raise!* Body to right—*Bend!* Body—*Raise!* On count—4 counts.
8. Hands on hips and feet sideways—*Jump!* Hands at sides and feet together—*Jump!* On count—2 counts.
9. Hands on hips—*Place!* Left leg forward—*Raise!* Right knee—*Bend!* Knee—*Stretch!* Left leg—*Sink!* On count—4 counts. (Same with right.)
10. Inhale and exhale.
11. Games.

## LESSON No. 6.

Alternation of Lessons No. 1, 2, 4, 5.

## GRADE 8A

First two weeks review work of 7B.

1. *Attention!* Arms to thrust—*Raise!* Thrust arms forward, step forward with the left foot—*Step!* Arms to thrust and step forward with the right foot—*Step!* On two counts marching around the room.
2. Arms to thrust—*Raise!* Arms forward—*Thrust!* Sideways—*Move!* Forward—*Move!* To thrust—*Bend!* On count—4 counts.
3. Hands on hips and feet sideways—*Hop!* Heels—*Raise!* On toes—*Hop!* (About 16 counts.)
4. Hands on hips—*Place!* Body to left—*Twist!* Body backward—*Bend!* Body—*Raise!* Body forward—*Twist!* Body to right—*Twist!* Body backward—*Bend!* Body—*Raise!* Body forward—*Twist!* On count—8 counts.
5. Arms sideways raise and knees—*Bend!* Rock on knees and circle arms backward—*Go!* To the position of attention—*Stand!*
6. Feet sideways—*Hop!* Bend body forward, hands touching floor—*Bend!* Swing arms over head. Body raise and rise on toes—*Swing!* On count—2 counts.
7. Arms to thrust—*Raise!* Shoulders forward, upward, backward, and to position—*Go!* On count—4 counts.
8. Arms sideways and feet sideways—*Hop!* Body to right and right arm down and left arm up—*Bend!* Arms sideways and body—*Raise!* (Same to right.) On count—4 counts.
9. Arms forward—*Bend!* Arms sideways fling and heels—*Raise!* Arms forward bend and heels—*Sink!* On count—2 counts.

10. Arms sideways and left leg sideways and right heel—*Raise!* Position of attention—*Stand!* Arms sideways and right leg sideways and left heel—*Raise!* Position of attention—*Stand!* On count—4 counts.
11. Inhale and exhale.
12. Games.

## LESSON No. 2.

1. *Attention!* Arms to thrust—*Raise!* Thrust arms forward, left knee upward—*Bend!* Arms to thrust and step forward with the left foot. Thrust arms forward and right knee upward—*Bend!* Arms to thrust and step forward with the right foot. On count—4 counts. Marching around room.
2. Hands back of neck and left foot forward—*Lunge!* Hands on the floor—*Place!* Hands back of neck—*Place!* Foot—*Replace!* On count—4 counts. (Same with right.)
3. Feet sideways place and arms forward—*Bend!* Arms sideways fling and body backward—*Bend!* Arms forward bend and body—*Raise!* To position of attention—*Stand!* On count—4 counts.
4. Heels—*Raise!* Knees—*Bend!* Hands on shoulders—*Place!* Arms forward, sideways and upward—*Go!* (Six counts.) Knees—*Stretch!* Heels—*Sink!*
5. Arms sideways—*Raise!* Left knee upward—*Bend!* Forward—*Stretch!* Upward—*Bend!* Backward—*Stretch!* Upward—*Bend!* Feet—*Change!* (Same with right.)
6. Arms forward, upward, and feet sideways—*Hop!* Touch the right foot with the left hand—*Bend!* Arms over head and body—*Raise!* Touch the left foot with the right hand—*Bend!* Arms over head, body—*Raise!* On count—4 counts.
7. Hands on hips—*Place!* Left foot forward—*Lunge!* Right knee on the floor—*Place!* Body backward—*Bend!* Body—*Raise!* Right knee—*Stretch!* Legs—*Change!* (Repeat.)
8. Left hand on hip, right hand on neck, and left foot forward—*Place!* Body left—*Bend!* Body—*Raise!* Hands and feet—*Change!* (Same to right.)
9. Hands on hips—*Place!* Left leg forward and right heel—*Raise!* Hop-ping on right toe—*Hop!* (About 16 times.) Feet—*Change!* (Same on left toe.)
10. Hands back of neck, and heel—*Raise!* Knees—*Bend!* Knees—*Stretch!* Hands at sides and heels—*Sink!* On count—4 counts.
11. Inhale and exhale.
12. Games.

## LESSON No. 3.

Alternation of Lessons No. 1 and 2.

## LESSON No. 4.

1. *Attention!* Facings, marching, etc. Heels—*Raise!* Knees bend and arms sideways and upward—*Raise!* Knees stretch and arms sideways—*Sink!* Hands at sides and heels—*Sink!* On count—4 counts.
2. Feet sideways place and arm forward—*Bend!* Body backward and arms sideways—*Fling!* Arms forward bend and body—*Raise!* On count—2 counts—slowly.
3. Hands on shoulders and left foot forward—*Lunge!* Arms extending in three directions—forward, sideways, upward—*Go!* On count—6 counts. Legs—*Change!* The same.
4. Left foot forward and arms sideways—*Raise!* Right knee—*Bend!* *Stretch!* Arms at side, and foot—*Replace!* On count—4 counts. (Same with right.)
5. Hands back of neck, and body forward—*Bend!* Elbows forward—*Move!* Backward—*Fling!* Body—*Raise!* On count—4 counts.



6. Sitting on the desk—*Sit!* (Feet under the seat.) Hands on hips—*Place!* Body backward—*Bend!* Body—*Raise!* *Bend!* *Raise!*
7. Arms forward bend, and feet—*Close!* Body to left twist and arms sideways—*Fling!* Body forward twist and arms forward—*Bend!* Body to right twist and arms sideways—*Fling!* Body forward twist and arms forward—*Bend!* On count—4 counts.
8. Hands on hips—*Place!* Heels—*Raise!* Knees—*Bend!* Upward—*Jump!* (Land in knee bend position.) Knees—*Stretch!* Heels—*Sink!* On count—6 counts.
9. Hands on hips—*Place!* Left toe backward—*Place!* Right knee—*Bend!* Right knee—*Stretch!* Feet—*Change!* Left knee—*Bend!* Left knee—*Stretch!* Foot—*Replace!*
10. Inhale and exhale.
11. Games.

## LESSON No. 5.

1. *Attention!* Facings. Marching with arms thrust forward.
2. Hands on hips—*Place!* Left foot forward—*Lunge!* Legs—*Change!* (In 2 counts.)
3. Arms sideways and feet sideways—*Hop!* Stretch arms upwards and rising on toes turn body to right—*Twist!* Arms sideways, heels sink, and body forward—*Twist!* Same to left. On count—4 counts.
4. Arms to thrust—*Raise!* Arms forward thrust and knees—*Bend!* Arms sideways—*Move!* Arms forward—*Move!* Arms to thrust and knees—*Stretch!* On count—4 counts.
5. Arms sideways and feet sideways—*Hop!* Left arm upward and right arm downward and body to right—*Bend!* Body—*Raise!* Right arm upward and left arm downward and body to left—*Bend!* Body—*Raise!* On count—4 counts.
6. Flex forearms vertically—*Flex!* Extend arms upward and upward—*Hop!* Flex arms—*Flex!* To the position of attention—*Stand!* On count—4 counts.
7. Hands on hips and feet sideways—*Hop!* Bend body forward and touch the floor—*Bend!* Hands on hips and body—*Raise!* Extend arms upward and heels—*Raise!* Hands on hips and heels—*Sink!* On count—4 counts.
8. Arms forward and left leg forward—*Raise!* Arms sideways and left leg backward—*Move!* Arms forward and left leg forward—*Move!* To the position of attention—*Stand!* Same with right. On count—4 counts.
9. Arms forward—*Raise!* Arms upward move and body backward—*Bend!* Arms forward move and body—*Raise!* Arms—*Down!* On count—4 counts.
10. Arms sideways and upward, and feet sideways—*Hop!* Hands at sides and feet together—*Hop!* On count—2 counts.
11. Inhale and exhale.
12. Games.

## LESSON No. 6.

Alternation of Lessons No. 1, 2, 4, 5.

## GRADE 8B

First two weeks review work of Grade 8A.

## LESSON No. 1.

1. *Attention!* Review all marching and facing of 8A. Hands back of neck and left foot forward—*Place!* Heels—*Raise!* Knees—*Bend!* Knees—*Stretch!* Heels—*Sink!* Hands at sides and foot—*Replace!* On count—6 counts—Same with right.

2. Arms sideways—*Raise!* Body backward—*Bend!* Body—*Raise!* Arms—*Sink!* On count—4 counts.
3. Arms forward bend and left foot forward—*Lunge!* Arm sideways—*Fling!* Arm—*Bend!* Hands at sides and foot—*Replace!* Same with the right. On count—8 counts. —*Bend!* Hands at sides and foot—*Replace!* Same with the right. On count—8 counts.
4. Arms forward and upward and left foot forward—*Lunge!* Right foot and left heel—*Raise!* (Balancing on toes of left foot, knees still bent.) Foot and heel—*Sink!* Hands at sides and foot—*Replace!* Same with the right. On count—8 counts.
5. Arms sideways raise and body forward—*Bend!* Arms—*Circle!* (Elbows stiff, hands describe small circles backward.) Hands at sides and body—*Raise!*
6. Arms forward and upward and feet sideways—*Hop!* Touch left foot with right hand—*Bend!* Arm over head and body—*Raise!* Touch right foot with left hand—*Bend!* Arms over head and body—*Raise!* On count—4 counts.
7. Hands on hips and feet sideways—*Jump!* Hands at sides and feet together—*Jump!* On count—2 counts.
8. Hands on desks—*Place!* Feet backward—*Place!* (Knees straight, toes pointed back, all weight resting on hands. Head up, chest out.) Arms—*Bend!* Arms—*Stretch!* Feet forward—*Place!* On count—4 counts
9. Inhale and exhale.
10. Games.

## LESSON No. 2.

1. *Attention!* Facing, marching, etc. Hands on hips—*Place!* Left foot backward—*Lunge!* Foot—*Replace!* Right foot backward—*Lunge!* Foot—*Replace!*
2. Arms forward raise and fingers laced—*Raise!* Feet sideways—*Jump!* Body to left—*Twist!* (Arms are pushed to side as far as possible, but fully extended.) Body forward—*Twist!* Body right—*Twist!* Body forward—*Twist!* On count—4 counts.
3. Hands on the desk—*Place!* Feet backward—*Place!* Forward—*Place!* (Knees straight, toes pointed, chest up.) To the position of attention—*Stand!* On count—3 counts.
4. Arms forward raise and left knee upward—*Bend!* Arms sideways and left knee outward—*Move!* Arms forward and left knee forward—*Move!* Arms at side and foot downward—*Place!* On count—4 counts. Same with the right.
5. Hands on shoulders and body forward—*Bend!* Arms stretching in two directions—upward, sideways—*Go!* Body—*Raise!*
6. Arms forward and upward, head backward and heels—*Raise!* To the position of attention—*Stand!* On count—2 counts.
7. Arms sideways raise and feet sideways—*Hop!* Touch floor with left hand at side, right arm and foot raised—*Touch!* Hands sideways and feet sideways—*Place!* Same to the right. On count—4 counts.
8. Hands on hips—*Place!* Heels—*Raise!* Knees—*Bend!* Ready to hop—*Hop!* (Hopping on both feet, keeping the knees bent.) Class—*Halt!* Knees—*Stretch!* Heels—*Sink!*
9. Arms sideways and left leg backward—*Raise!* Arms and legs—*Sink!* Same with right. On count—4 counts.
10. Inhale and exhale.
11. Games.

## LESSON No. 3.

Alternation of Lessons No. 1 and 2.



## LESSON No. 4.

1. *Attention!* Facings, marchings and lunges.
2. Hands on hips—*Place!* Body forward—*Bend!* Head—*Circle!* Body—*Raise!*
3. Hands on desk—*Place!* Feet forward—*Place!* Arms—*Bend!* Arms—*Stretch!* Feet—*Replace!* On count—4 counts.
4. Arms forward and upward, left leg forward—*Raise!* Arms sideways and left leg sideways—*Move!* Arms over head and left leg forward—*Move!* Arms at sides and foot downward—*Place!* Same with right. On count—8 counts.
5. Arms forward and upward fling and feet sideways—*Hop!* Body forward—*Bend!* Body—*Raise!* To the position of attention—*Hop!* On count—4 counts.
6. Knees—*Bend!* Swing arms over head and upward—*Jump!* (Land in knee bend position, with arms at sides.) Knees—*Stretch!* On count—4 counts.
7. Arms forward and upward fling and left foot forward—*Place!* Body left—*Bend!* Body—*Raise!* Foot and arms—*Replace!* Same with right. On count—8 counts.
8. Hands on hips and left foot forward—*Place!* Heels—*Raise!* Knees—*Bend!* Feet—*Change!* (Keep the knees bent and change feet with a jump, keeping the body erect.) Feet—*Change!* Knees—*Stretch!* Heels—*Sink!*
9. Hands back of neck and left knee upward—*Bend!* Forward—*Stretch!* Foot backward—*Move!* Hands at sides and foot on floor—*Place!* Same to the right. On count—8 counts.
10. Arms forward—*Raise!* Sideways move and heels—*Raise!* Forward move and heels—*Sink!* Arms—*Down!* On count—4 counts.
11. Inhale and exhale.
12. Games.

## LESSON No. 5.

1. *Attention!* Facing, marching, lunges.
2. Hands on shoulders—*Place!* Body forward—*Bend!* Arms sideways—*Stretch!* On shoulders—*Place!* Body—*Raise!* Body backward—*Bend!* Arms sideways—*Stretch!* On shoulders—*Place!* Body—*Raise!* On count—8 counts.
3. Hands on desk—*Place!* Legs backward—*Raise!* (Knees straight, toes pointed back, legs free from the floor.) Arms—*Bend!* Arms—*Stretch!* Legs—*Sink!* Feet forward—*Place!* On count—76 counts.
4. Arms forward and upward and left foot forward—*Lunge!* Left knee stretch and left heel and right leg—*Raise!* (Straighten the left leg, rising on left toes. This puts all the support on the left toes. Keep the body inclined forward, head up and chest out. Knee bend and left heel and right leg—*Sink!* To the position of attention—*Stand!* On count—4 counts. (Repeat to right.)
5. Arms forward and upward—*Fling!* Body backward—*Bend!* Body—*Raise!* Body forward—*Bend!* Body—*Raise!* On count—4 counts.
6. Hands laced over head and feet sideways—*Hop!* Body to right—*Twist!* Front—*Twist!* Left—*Twist!* Front—*Twist!* On count—4 counts.
7. Heels—*Raise!* Knees—*Bend!* Arms forward and upward and upward—*Jump!* (Land in knee bend position. Hands at side.) Knees—*Stretch!* Heels—*Sink!* On count—6 counts.
8. Hands back of neck—*Place!* Left leg sideways—*Raise!* Leg—*Sink!* Right leg sideways—*Raise!* Leg—*Sink!* On count—4 counts.
9. Inhale and exhale.
10. Games.

## LESSON No. 6.

Alternation of Lessons 1, 2, 4, 5.

## HEALTH INSTRUCTION METHODS: IOWA TUBERCULOSIS ASSOCIATION

The Iowa Tuberculosis Association, Des Moines, which works in close cooperation with the State Department of Public Instruction, is the publisher or distributor of a number of pamphlets and books containing practical suggestions and methods on health instruction. "Health Training in Schools" a volume of 402 pages is a compilation of practical devices and teaching outlines arranged in topical and lesson form by grades. From the state association also may be obtained pamphlets on various forms of health project work, games, exercises, posters, contests, pageants, plays, health songs, health stories and the score cards of the Modern Health Crusade which is described below.

### *Personal Hygiene—The Modern Health Crusade*

The Modern Health Crusade is a part of the program of the National Tuberculosis Association. It is a system of health education carried out by the performance of practical health acts (called "chores") for the purpose of establishing correct health habits in children. The Crusade links the school and the home in health work. The daily performance of these health acts is recorded on a score card. The chores are classified according to grades. Following is the list of chores appearing on the standard score card known as form B which is designed for the use of the Fourth grade but which may be used in other grades:

1. I washed my hands before each meal. I cleaned my fingernails today.
2. I brushed my teeth after breakfast and the evening meal.
3. I carried a handkerchief and used it to protect others if I coughed or sneezed.
4. I tried to avoid accidents to others and myself. I looked both ways when crossing the street (road).
5. I drank four glasses of water but no tea, coffee, nor any harmful drink.
6. I had three wholesome meals including a nourishing breakfast. I drank milk.
7. I ate some cereal or bread, green (watery) vegetable and fruit, but ate no candy nor "sweets" unless at the end of a meal.
8. I went to toilet at my regular time.
9. I tried to sit and to stand straight.
10. I was in bed eleven hours last night, windows open.
11. I had a complete bath and rubbed myself dry on each day of the week checked (x).

### *Endorsement*

The first great organization to approve and advise the use of the Modern Health Crusade was the National Education Association. It was shortly thereafter endorsed by the National Congress of Mothers and Parent-Teachers, and numerous other national and state organizations.

### *Correlation*

The Health Crusade chores may be emphasized by correlating with the pupil's daily studies. The subjects taught and correlation shown are in part:  
Art Work: Posters may be made emphasizing all of the controlling factors of health.



Music: Health songs.

Domestic Art: Cleanliness, proper clothing.

Domestic Science: Proper food, regular habits.

Reading: Supplementary health readers.

Language: Health themes, health plays.

Physiology: Hygiene, anatomy.

Civics: Community health.

Geography: Food products, sources, value.

History: Effect of personal hygiene and community sanitation on progress in civilization and national existence.

Arithmetic: Cost and economy of various food, caloric values, height and weight problems.

Athletics: Development of body. Posture.

The Modern Health Crusade may be well adapted as a part of any physical educational program.

In primary grades emphasis should be placed upon habit formation in a healthful school environment. Health principles should be stressed in relation to actual situations and in project work. A special pamphlet on kindergarten and primary work may be obtained from the Iowa Tuberculosis Association.

#### *Advanced Course*

For higher grades and high schools the Round Table program of the Crusade directly relates to physical education and is recommended for an advanced course.

The qualifications for seats at the Round Table are as follows:

1. Obtaining a school mark of 85 per cent or more in a course in hygiene, based on up-to-date text books.
2. Passing the athletic tests standardized by the Playground and Recreation Association of America.
3. Having a weight approximating or reaching the standard for height and age.
4. Passing the posture tests standardized by the American Posture League.
5. Passing physical examinations, indicating that teeth, nose and throat, eyes, ears, heart, lungs, skin and feet are in first class condition.
6. Passing the examination required for certificate of First Aid issued by the American Red Cross.
7. Passing tests in swimming required by the American Red Cross for Junior Life-saving crews.
8. Activities in Boy Scouts, Girl Scouts or Camp Fire Girls.
9. Work relating to community sanitation.

It is not necessary for every aspirant to Round Table honors to qualify on each of these points; in the Round Table, as in the performance of the Crusade chores, a perfect score is not demanded. A passing mark of 75 per cent, within the reach of every loyal crusader, brings the desired honor.

#### *Incentives*

In both the elementary and advanced crusade courses chivalry and romance, that was such an outstanding factor in the lives of the Crusaders of old, has woven into this modern crusade for health as an incentive, although the work can be carried on without this feature.

#### *The Crusader's Creed*

(The following which is a composite of creeds written by Mrs. E. R. Grant of Washington, D. C. and T. J. Edmonds of Iowa, has been adopted by the National Tuberculosis Association and other organizations promoting health education and is used in many schools throughout the country in special health day exercises and in various other ways.)

I believe in my country, and in the good citizenship of its people.

I believe that to support my country I must have Health, Strength and Honor.

I love my country's Flag. To me its bright red stands for bright red blood, which means energy and power, cheerfulness and hope, human kindness and the joy of living. Its pure white stands for clean bodies which house clean minds. Its blue stands for the clear sky, the sunshine, fresh air, play and exercise.

As an American I will be a faithful soldier in the children's army of peace, the Modern Health Crusade.

#### OUTLINE OF HEALTH INSTRUCTION

(The following comprehensive outline is submitted principally for the benefit of superintendents, principals and public health nurses:)

#### A

#### SUBJECTS: PERSONAL HYGIENE.

1. Bathing.
  - Hands.
  - Face, ears, neck.
  - Baths.
  - (Time, frequency, temperature of water, accessories.)
2. Teeth.
  - Brushing, time, frequency, accessories, method.
  - Cause of decay.
  - Dental examination and treatment.
3. Nails.
  - Cleaning, cutting, filing.
4. Hair.
5. Ears.
  - Tests, care.
6. Eyes.
  - Tests.
  - Light, amount and direction in study, sleep, etc.
  - Eye strain.
  - Foreign substances.
  - Diseases.
7. Mouth, nose and respiratory tract.
  - Foreign substances.
  - Breathing methods, etc.
  - Fresh air.
  - Infection of self and protection of others.
  - Colds, causes, avoidance and treatment—adenoids and other diseases.
8. Posture.
  - Posture tests, etc.
9. Food.
  - Amount.
  - Time.
  - Kinds—food values, variety, selection.
  - Mastication.
  - Preparation—cooking, temperature, etc.
  - Serving—conditions, table manners, etc.
  - Water.
    - Time and amount.
    - Purity.
  - Stimulants and narcotics (alcohol, coffee, tea, tobacco.)
  - Digestion.



## SUGGESTED LIST OF REFERENCE BOOKS

- Bancroft, Jessie—Games for Playground, Home, School and Gymnasium; Macmillan Co., New York.
- Bancroft, Jessie—The Posture of School Children; Macmillan Co., New York.
- Bancroft & Pulvermacher—Handbook of Athletic Games; Macmillan Co., New York.
- Beard, Lina—On the Trail; Scribner & Sons, New York.
- Clark, Lydia—Physical Training for Elementary Schools; Sanborn & Co., New York.
- Crampton & Wallaston—Song Play Book; A. S. Barnes Co., New York.
- Curtis, Henry S.—Education Through Play; Macmillan Co., New York.
- Curtis, Henry S.—Play and Recreation for the Open Country; Ginn & Co., Chicago.
- Ferris, Josephine H.—Girls' Clubs, Organization and Management; E. P. Dutton Co., New York.
- Gaynor & Riley—Songs of Child World, Nos. I and II; Church.
- Geister, Edna—Icebreakers and the Icebreaker Herself; The Women's Press, 600 Lexington Ave., New York.
- Geister, Edna—It Is To Laugh; The Women's Press, 600 Lexington Ave., New York.
- Godin, Paul—Growth During School Age; Richard Badger, Boston, Mass.
- Gulic, Luther H.—The Healthful Art of Dancing; Doubleday, Page & Co., New York.
- Hinman, Mary Wood—Gymnastic Dancing (Vol. IV, Group Dancing); A. S. Barnes Co., New York.
- Hoag, Ernest—Health Index of School Children; Whitaker & Ray-Wiggin Co., San Francisco, Calif.
- Hoag, Ernest—Health Studies; D. C. Heath & Co., Boston, Mass.
- Hoag, Ernest—Health Work in Schools; Houghton Mifflin Co., New York.
- Hofer, Mari—Children's Old and New Singing Games; A. Flanagan Co., Chicago.
- Johnson, G. E.—Education Through Plays and Games; Ginn & Co., Chicago.
- Lamkin, Nina—Passing of Kings (a pageant); T. S. Denison & Co., Chicago.
- Lee, Joseph—Play in Recreation; Macmillan Co., New York.
- Lincoln, Jennette—The Festival Book; A. S. Barnes Co., New York.
- Lynch, Major—First Aid to the Injured; Blaikston's Sons, Philadelphia.
- McKenzie, R. T.—Exercise in Education and Medicine; Saunders & Co., Philadelphia.
- MacKay, Constance D.—May Day Programs; Playground and Recreation Association of America, 1 Madison Ave., New York.
- MacKay, Constance D.—Patriotic Plays and Pageants; H. Holt & Co., New York.
- Moxey, Mary—Leadership of Girls' Activities; The Methodist Book Concern, New York.
- Nissen, Hartbig—Practical Massage and Corrective Exercise; Davis Co., Chicago.
- Palmer, Luella—Play Life in the First Eight Years; Ginn & Co., Chicago.
- Poulsso, Emilie—Finger Plays; Lothrop.
- Poulsso, Emilie—Holiday Song Book; Milton Bradley Co.
- Puritz, L.—Code Book of Gymnastic Exercises; Kegan, Paul, French, Trubner & Co., London.
- Rapeer, L. U.—Educational Hygiene; Scribners Sons, New York.
- Recreation Manual for Oregon Schools.
- Schatz, William—Club Swinging; Physical Education Association, Springfield, Mass.

- Skarstrom, Wm.—Gymnastic Teaching; American Physical Education Review, Springfield, Mass.
- Spalding, A. G.—Spalding's Rule Books on All Athletic Games; A. G. Spalding & Bros., Portland, Oregon.
- Stecher, William A.—The Theory and Practice of Educational Gymnastics; John Joseph McVey, Philadelphia, Pa.
- Stiles, Percy G.—Human Physiology; Saunders & Co., Philadelphia.
- The Progressive Music Series, Books I and II; Silver, Burdett & Co.
- Tholman, William H.—Hygiene for the Worker; American Book Co., New York.
- Tyler, John T.—Growth and Education; Houghton Mifflin & Co., New York.
- Winship, A. E.—Danger signals for Teachers; Forbes & Co., Chicago.
- Camp Fire Manual.
- Girl Scout Manual.
- Boy Scout Manual.
- Mind and Body—Magazine published monthly; New Ulm, Minnesota.
- The Playground—Magazine published monthly; Playground and Recreation Association of America.

## FOLK DANCE REFERENCE BOOKS

- Berquist—Swedish Folk Dances.
- Burchenal, Elizabeth—American Country Dances; Schirmer & Co., New York.
- Burchenal, Elizabeth—Dances of the People; Schirmer & Co., New York.
- Burchenal, Elizabeth—Folk Dances and Singing Games; Schirmer & Co., New York.
- Burchenal, Elizabeth—Folk Dances of Denmark; Schirmer & Co., New York.
- Burchenal, Elizabeth—Folk Dances of Finland; Schirmer & Co., New York.
- Crampton, C. Ward—The Folk Dance Book; A. S. Barnes & Co., New York.
- Crampton, C. Ward—The Second Folk Dance Book; A. S. Barnes & Co., New York.
- Crawford, Caroline—Folk Dances and Games; A. S. Barnes & Co., New York.
- Gilbert, Melvin B.—School Dances; Schirmer & Co., New York.
- Hofer, Mari—Popular Folk Games and Dances; A. Flanagan & Co., Chicago.
- Lincoln, J. C.—The Festival Book; A. S. Barnes & Co., New York.
- Moses, Irene E. Philip—Rhythmic Action Plays and Dances; Milton Bradley Co.
- Shafter, Mary—Dramatic Dances for Small Children; A. S. Barnes & Co., New York.
- Sharp, Cecil—Country Dance Books, 4 volumes; H. W. Gray, 2 West 45th St., New York.
- Sperling, Harry—The Playground Book; A. S. Barnes & Co., New York.
- Stecher, Wm. A.—Games and Dances (third edition); John Joseph McVey, Philadelphia.



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- Bancroft, Jessie—Games for Playground, Home, School and Gymnasium; Macmillan Co., New York.
- Bancroft, Jessie—The Posture of School Children; Macmillan Co., New York.
- Bancroft & Pulvermacher—Handbook of Athletic Games; Macmillan Co., New York.
- Beard, Lina—On the Trail; Scribner & Sons, New York.
- Clark, Lydia—Physical Training for Elementary Schools; Sanborn & Co., New York.
- Crampton & Wallaston—Song Play Book; A. S. Barnes Co., New York.
- Curtis, Henry S.—Education Through Play; Macmillan Co., New York.
- Curtis, Henry S.—Play and Recreation for the Open Country; Ginn & Co., Chicago.
- Ferris, Josephine H.—Girls' Clubs, Organization and Management; E. P. Dutton Co., New York.
- Gaynor & Riley—Songs of Child World, Nos. I and II; Church.
- Geister, Edna—Icebreakers and the Icebreaker Herself; The Women's Press, 600 Lexington Ave., New York.
- Geister, Edna—It Is To Laugh; The Women's Press, 600 Lexington Ave., New York.
- Godin, Paul—Growth During School Age; Richard Badger, Boston, Mass.
- Gulic, Luther H.—The Healthful Art of Dancing; Doubleday, Page & Co., New York.
- Hinman, Mary Wood—Gymnastic Dancing (Vol. IV, Group Dancing); A. S. Barnes Co., New York.
- Hoag, Ernest—Health Index of School Children; Whitaker & Ray-Wiggin Co., San Francisco, Calif.
- Hoag, Ernest—Health Studies; D. C. Heath & Co., Boston, Mass.
- Hoag, Ernest—Health Work in Schools; Houghton Mifflin Co., New York.
- Hofer, Mari—Children's Old and New Singing Games; A. Flanagan Co., Chicago.
- Johnson, G. E.—Education Through Plays and Games; Ginn & Co., Chicago.
- Lamkin, Nina—Passing of Kings (a pageant); T. S. Denison & Co., Chicago.
- Lee, Joseph—Play in Recreation; Macmillan Co., New York.
- Lincoln, Jennette—The Festival Book; A. S. Barnes Co., New York.
- Lynch, Major—First Aid to the Injured; Blaikston's Sons, Philadelphia.
- McKenzie, R. T.—Exercise in Education and Medicine; Saunders & Co., Philadelphia.
- MacKay, Constance D.—May Day Programs; Playground and Recreation Association of America, 1 Madison Ave., New York.
- MacKay, Constance D.—Patriotic Plays and Pageants; H. Holt & Co., New York.
- Moxey, Mary—Leadership of Girls' Activities; The Methodist Book Concern, New York.
- Nissen, Hartbig—Practical Massage and Corrective Exercise; Davis Co., Chicago.
- Palmer, Luella—Play Life in the First Eight Years; Ginn & Co., Chicago.
- Poulsion, Emilie—Finger Plays; Lothrop.
- Poulsion, Emilie—Holiday Song Book; Milton Bradley Co.
- Puritz, L.—Code Book of Gymnastic Exercises; Kegan, Paul, French, Trubner & Co., London.
- Rapeer, L. U.—Educational Hygiene; Scribners Sons, New York.
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- Sharp, Cecil—Country Dance Books, 4 volumes; H. W. Gray, 2 West 45th St., New York.
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