

return to the flexed position. Do exercise alternating legs 8 times and then gradually increase until the exercise can be done 16 times in good form.

8. Lunge bounce.

In a long lunge position with the right foot forward, right knee well forward and left knee extended, hands on the floor, bounce 8 times. With a jump of legs, hands still on floor, change position so that left foot is forward and repeat 8 bounces. Continue the series with 4 bounces right and left, 2 bounces right and left, and then single changes of feet—right, left, right, left. The hands remain on the floor throughout the exercise. Progression: After this exercise is executed easily in good form, do the same exercise with the same position of the body but do not touch the floor with hands. This greatly increases the difficulty because of the addition of the balance factor. Accompaniment: $2/4$, $4/4$, or $6/8$ march time.

9. Jack-knife lift.

Lie on the floor on back, body fully extended, arms close to sides. With strong abdominal pull and lift of legs, come to a jack knife position. Legs are straight, back is straight and neither flexed nor over-extended. Arms move forward at the same time until the hands touch the thighs. Elbows are extended. Return to lying position. Timing: 1-2 Lift, 3-4 Lie. Accompaniment: $4/4$ time.

b. Locomotor movements. (Objectives 1, 2, and 3)

1. Walk, run, leap, skip, slide, gallop, hop, jump. Marching is one style of locomotor movement. Marching tactics are described in Chapter IV.)

c. Non-locomotor movements. (Objectives 1, 3, 4)

Push, pull, lift, dodge, kick, strike, pendulum swing of body side-ward, trunk completely relaxed and bent at waist.

d. Keep moving. (Objective 2)

Four girls stand, one at the center of each wall of the room. The other girls are in scattered formation, facing different directions, spread over the entire floor. The four girls walk slowly forward toward the center of the room. They define the circumference of an imaginary circle which gradually diminishes in size and within which the other girls must continue to move. The other girls run with quick steps within the defined space, dodging and turning to escape touching anyone else. This exercise should be practiced to the beat of a drum or piano, using a whole note for each step of the four girls