

and eighthnotes for the steps of the others. The teacher gives a signal for the completion of the exercise when the space becomes too small for further movement.

e. Follow the leader. (Objective 2)

The class is divided into a number of files of 4 to 12 girls: 6 girls is a good average length of file. Hands may be joined or not dependent upon movement used. The first girl in each file is a leader. Each leader leads her file, using forward, diagonal, sideward, zigzag and turning directions. The others in her file do as she does at the same time. The leader should use simple steps of walking, running, sliding, skipping, galloping. She must adapt her direction to the other groups in the room. One of the objectives of the exercise should be that the leaders learn to use the space efficiently in a collaborative way. The teacher will set a different tempo each time the exercise is repeated, varying slows and fasts. As the students become more expert, the leaders will make the movements more difficult in space, in rhythm and in coordination of movement. Caution to the teacher: This exercise should be rhythmically disciplined and the game element involved should not lead to a lack of control.

f. Sit fall and rise. (Objectives 2, 3, 1)

(a) Sit fall. Class faces front, scattered formation with at least 6 feet clear floor space behind each girl. Little space is needed sideways. First let head relax and fall forward, shoulders forward, whole body flexes until hands touch floor at feet. Second let right foot slide forward and sit. Third lie back letting the whole body extend from hips up and from hips down. Arms spread sideward with the extension of upper trunk. Timing: Use counts 1-4 for first part: count 5 for second part and counts 6-8 for third part. Thus, the fall can be done to 2 measures of 4/4 time.

(b) Rise from back. First, bend left knee keeping left foot in contact with the floor as knee is bent, kick right leg in the air as a movement preparatory to sitting up. Second, swing the right leg and arms down forcefully, reach forward with head, shoulders and arms. Third, step forward onto the right foot, body still in crouched position. Fourth, continue to rise to an erect position and bring left foot up to meet right. Timing: Kick up on Count 1, kick down on Count 2, step on Count 3, rise on Counts 4-8. Thus the rise can be done to 2 measures of 4/4 time.

Teaching notes: If girls are not strong enough to do exercise as described, have them place hands on floor at hips on the second part of the rising movement and push off floor with hands. If any girls have had knee injuries that make extreme flexion of knee inadvisable, teach roll to one and rise from that