

Timing: 1-4 walk left, right, left right.
5-6 roll over to left.
Repeat to same side.

(2) Vary level and direction of walk and timing.

(3) Spring roll fall and rise. Stand with feet about 12 inches apart, arms at sides. First step hop diagonally sideward right swinging both arms diagonally upward right. Second, flex body, tucking both elbows into abdomen, and execute roll over as described in the second part of 7 above pushing off floor in the same fashion. Third, with no stop between second and third parts of the movement, step on left foot and extend body to erect position lifting both arms diagonally upward left.

Timing: 1 ah - step hop right
2 - roll over
3 - rise on left foot
4 - precede (3) with a run on the diagonal

Timing: 1 and 2 and - Run right, left, right, left.
3 ah - step, drop right
4 - roll over
5 - rise on left foot
Repeat and reverse

5. Combine (3) with other movements and vary timing.

i. Large and small. (Objective 2)

(1) Walk 4 very long reaching steps using a vigorous swing of the arms and immediately walk 4 very small steps using a little swing of the arms.

Timing: Counts 1, 2, 3, 4, long steps
Counts 5, 6, 7, 8, small steps 4/4 time

Counts 1, 2, 3, 4, long steps
Counts 5 and 6, small steps 6/4 time

(2) Apply the above principle of large and small movement to other locomotor movements such as run, skip, slide, and to non-locomotor movements such as push, pull, circling of trunk.

(3) Mark off a space of about 20 feet in width. Move across this space in 15 steps: in 10 steps: in 8 steps: in the fewest possible steps using leaps. Then increase the width of the space and add to