

- n. See saw. (Objectives 1 and 3)

The group is divided in couples scattered over the floor. The partners sit facing each other, hands joined, left side to left side. The left knee is fully bent with the left foot on the floor. The right leg is extended forward. Number one rocks back giving a steady pressure upward with hands and arms to rock and lift 2 forward. 2 rises on the left foot, with the right foot lifted off the floor, trunk flexed forward and head forward, right hip flexed close to body and knee and ankle slightly flexed. Now 2 rocks back to the floor, lifting 1. In rising from the floor a strong pull of the abdominal muscles should be used instead of depending upon the pull of the partner's arm.

Timing: Use slow 4/4 time with 2 counts for each rock or slow 6/8 time with one measure for each rock.

The group may make new exercises of their own in couples.

4. Self testing activities

Many of the activities given here teach girls to:

- a. Jump and fall without being hurt.
- b. Have a sense of position in space.
- c. Develop an ability to carry another without injury to self.
- d. Control the body in flight.

a. Forward roll.

From a stand, bend forward, bend knees, and place hands on mat. Duck head between legs, roll forward on back of neck and shoulders, grasping the knees. Come to a stand.

b. Backward roll.

From a stand, lean forward, fall backward to a seat, roll backward placing hands on the mat over the shoulders, and at the same time drawing the knees to the chest. Push off with hands, and roll to a stand.

c. Cartwheel.

From a run, make a quarter turn left, placing right foot sideward, right arm upward, throw the weight on the right foot, placing the right hand on the mat. Raise the left leg, at the same time placing the left hand on the mat, arms and legs spread. Bring the left foot to the mat as the right hand is raised. Follow through to a stand.

d. Jump from heights.