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A Proposed Twelve-Year Required Physical Education Program for the Kelso Public Schools.

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A PROPOSED TWELVE-YEAR REQUIRED PHYSICAL EDUCATION
PROGRAM FOR THE KELSO PUBLIC SCHOOLS

by

Harold Naubert

A field study submitted in partial fulfillment of the
requirements for the degree of Master of
Education, in the Graduate School
of the Central Washington
College of Education

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APPROVED FOR THE GRADUATE FACULTY

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Chapter I

INTRODUCTION

The purpose of this field study is to establish a twelve-year graded physical education program which might be used beneficially in the public school system of Kelso, Washington.

The need for a well-organized, graded, educationally-sound physical education program in the Kelso Public Schools seems evident. While serving this school system fourteen years in the capacity of physical education instructor and teacher, the apparent necessity of such a program evolved from the writer's observance of deficiencies in his own program and that of fellow instructors.

With these personal observations in mind, teachers, physical education instructors, parents and alumni were interviewed to ascertain their opinions and attitudes concerning the existing physical education program. Teachers, especially those at the elementary level, confessed that the program was carried on with little or no organization and with minimum understanding of standards on their part of a good program. Physical

education instructors in the junior and senior high school were especially interested in having a program organized which might be placed in their hands in order that they might have knowledge of the basic training the children had received prior to entering the junior or senior high school. Parents asserted that the present program favored the athletic inclined students and did little or nothing for the non-athletic students. They favored a program of physical education, including the kindergarten through the twelfth grade, keeping in the foremost the children's interests and needs. The alumni maintained that the program did not equip them with a knowledge of various activities including golf, tennis, bowling, fishing, hunting and camping. As a result of these observations and interviews the existing program appeared to be inadequate because it did not:

1. Provide for progression of basic skills.
2. Inculcate good health and safety habits.
3. Show organization.
4. Develop an active response to rhythm.
5. Teach children how to relax.
6. Improve mental health and emotional stability.
7. Promote carry-over recreational activities.

To substantiate the opinions of those interviewed

and from the result of observations numerous books were perused in the area of physical education to ascertain the qualifications of a good physical education program.

These books were:

Craine, Henry C.; Athletic Skills in Physical Education, 1942.

Irwin, Leslie; Curriculum of Health and Physical Education, 1944.

La Porte, Wm.; The Physical Education Curriculum, 1942.

La Porte, Wm.; The Ten Major Objectives of Health and Physical Education, 1936.

LaSalle, Dorothy; Guidance of Children Through Physical Education, 1940.

McCloy, C. H.; Physiological Basis for Physical Education, 1940.

Nielson and Van Hagen; Physical Education in the Elementary Schools, 1942.

Nixon and Cozens; Introduction to Physical Education, 1942.

O'Keefe and Fahey; Education Through Physical Activities, 1949.

Physical Education Syllabus, State of New York, 1934, Bk. II

Sehon, E., et al; Physical Education Methods for the Elementary School, 1948.

State of Washington, Health and Physical Education.

Voltmer, Edward and Esslenger, Arthur; The Organization and Administration of Physical Education, 1940.

Wheeler and Perkins; Principles of Mental Health, 1932.

Williams, Jessie; Principles of Physical Education, 1942.

Williams and Brownell; Administration of Health and Physical Education, 1946.

These observations and interviews created the desire to formulate a twelve-year physical education program which embodies sound educational objectives. It appears that teachers and physical education instructors might derive considerable assistance from such a prepared progressive program.

Chapter II

HISTORICAL DEVELOPMENT AND OBJECTIVES FOR A PHYSICAL EDUCATION PROGRAM

A review of the historical background of physical education in the United States indicates several factors have affected its growth.¹ Some of the more significant factors are discussed. One of the most important factors was the various types of activities introduced into this country from Europe. The gymnastic type of physical education, which was militaristic and quite formal had its inauguration in Germany. Calisthenics were introduced from Sweden. Both the German gymnastics and Swedish calisthenics had a great following in the United States; a combination of the two types of activities were used in our schools for many years. Some of our recreational activities - archery, soccer, tennis, and games of low organization - were inherited from England; no organized system of physical education originated in this country.

1. Irwin. Leslie; The Curriculum of Health and Physical Education, St. Louis, C. V. Mosby and Co., 1944, pp. 32-39.

Another factor affecting the growth of physical education in the United States was the attitude of the Puritans. These people had little opportunity to engage in any type of recreational activities. Their physical efforts were confined to making a living, and they considered it a sin to play.

Social changes resulted with the passing of the frontier, growth of population, and the birth of industries; these called for new modes of living. The new social order changed the attitude which people had concerning amusements and sports. The newly acquired leisure made it necessary to provide recreational activities for the physical and social welfare of the people.

The rise of interscholastic and intercollegiate athletics has had a decided influence on the type of activities included in the physical education program. This was accomplished by placing emphasis upon the learning of basic skills in various activities at grade levels, developing a correct attitude toward competitive sports, and developing leadership and cooperation in team play. Competitive sports have replaced the early gymnastics and the calisthenics type of program.

The lack of instructors' ability to handle a good physical education program affected progress. Numerous teachers had little training in this area of the curriculum, and little or no in-service training was provided by either administrators or physical education instructors.

Many state legislatures played an active and important role in the advancement of physical education by enacting laws which provide for and regulate this phase of education. The first law pertaining to physical education in the state of Washington was enacted in September, 1919. This law provided physical education in the common schools.¹ In 1944 the State Board of Education authorized the granting of full credit for courses in health and physical education, provided certain minimum requirements² were met. These were:

- (a). Program must be offered five days a week
- (b). Teacher must be properly prepared and certified with at least a minor in the fields of health and physical education
- (c). Each student participating in the program

1. Wanamaker, Pearl, State Manual of Washington. Olympia, State Printer, 1947, p. 114.

2. Wanamaker, Pearl, ibid., pp. 118-119.

must be given a physical examination

- (d). A correction program must be organized
- (e). A level of scholastic achievement in health classes must be commensurate with other academic courses
- (f). A minimum program in health to include:
 - (1). First aid
 - (2). Safety
 - (3). Public health
 - (4). Care of body
 - (5). A sound philosophy of living
- (g). The physical education program must be organized around class instruction with an instructor in charge
- (h). Athletes are to be excused from physical education classes only on those days in which they are turning out for a sport. Nevertheless the athletes must attend health classes
- (i). A testing program which measures the progress of students shall be organized

Physical education seems to have taken a great stride forward advancing from the stilted bymnastics and rigid calisthenics to our modern types of activities, such as rhythmical, recreational, and motivational.

"Only in the past thirty years has there developed an

American system of physical education."¹ It is the function of the physical education program of the school to develop skills, attitudes and interest in a variety of activities.

Historical Aspect of Physical Education at Kelso: The philosophy of physical education of the public schools of Kelso has undergone a complete transition during the last eighteen years. At that time highly competitive sports such as football, baseball, basketball, and track were in vogue. Little attention was given to a well-rounded program for students attending the local schools. There was little time allotted to organized activities even though there was playground supervision at recesses and at noon hour. At the junior high school level physical education was practically non-existent. A small area was set aside in the basement for handball and ping pong. This space could serve only eight students at a time. There were no organized activities during the lunch hour. Limited physical education facilities were available at the high school level. Competitive sports, calisthenics and gymnastics received the greatest

1. Schwender, Norma; A History of Physical Education in the United States, New York; A. S. Barnes and Co., 1942, p. 198.

emphasis. Public sentiment effected the curtailment of this limited type of program for their children, and as a consequence a new gymnasium has been constructed which can be utilized to carry on the junior and senior high school physical education program. There is an interest among the public to have a coordinated program in effect for their children. This field problem is an attempt to organize a program ranging from Grades One through Twelve. The objectives for this program are discussed under the headings of general objectives and specific objectives for the various grade levels. Namely, primary, intermediate, junior high school and the senior high school. Types of organized activities with respective time allotments are given.

General Objectives: "The aim of organized physical education is to make the maximum contribution to the optimum development of the individual's potentialities in all phases of life, by placing him in an environment as favorable as possible to the promotion of such muscular and related responses or activities as will best contribute to this purpose."¹

1. Nixon, Eugene W. and Cozens, Fredrick W., An Introduction to Physical Education. Philadelphia and London: W. B. Saunders and Co., 1942, p. 75.

The general objectives of physical education are means by which the aims can be attained. La Porte gives the following general objectives of physical education:¹

1. The development of fundamental skills in aquatics, gymnastics, rhythmic, and athletic activities for immediate educational purposes - physical, mental, and social
2. The development of useful and desirable skills in activities suitable as vocational interests for use during leisure time
3. The development of essential safety skills and the ability to handle the body skillfully in a variety of situations for the protection of self and others
4. The development of a comprehensive knowledge of rules, techniques, and strategies in activities suitably adapted to various grade levels
5. The development of acceptable social standards, appreciations, and attitudes as a result of intense participation in a good environment and under capable leadership
6. The development of a power of self-expression and reasonable self-confidence
7. The development of leadership capacity under limits of his ability
8. The elimination of remedial defects and the improvement of postural mechanics in so far as these can be influenced by muscular activities and health advice based on diagnosis

1. La Porte, William R., The Physical Education Curriculum. Los Angeles: The University of Southern California Press, 1942, pp. 37-38.

9. The development of essential health habits, health knowledge, and health attitudes as a result of specific instruction in health principles and careful supervision of health situation

A knowledge of the characteristics of the children within a certain grade level is of prime importance in planning a physical education program. Provisions cannot be made for the average child only, but the individual differences within the grade level must be considered. "Children do not grow according to their chronological age and each child has his own maturation rate."¹ Children's characteristics form a basis for a general classification as follows: primary level (ages six, seven, and eight), intermediate level (ages nine, ten, and eleven), junior high level (ages twelve, thirteen, and fourteen), and high school level (ages fifteen, sixteen, and seventeen). This classification serves as a foundation for the selection of activities that will accomplish the objectives of physical education. The program must be continuous for all grade levels.

Objectives for Primary Program: Many characteristics of primary children may be utilized and guided by the

1. O'Keefe, Pattric and Fahey, Helen, Education Through Physical Activities. St. Louis: C. V. Mosby & Co., 1949, p. 18.

physical education program. Primary children are interested in games involving imitation and repetition; they enjoy hunting games and games of low organization. The games must have simple rules and be of short duration since the primary children's interest span is short.¹ There is an improvement in muscular coordination from the first to the third grade. This trend can be further enhanced by pre-athletic games.

1. Rhythmical activities which "cultivate taste, habits and ideals which protect the young people from the desire to participate in unwholesome forms of rhythmical expression in undesirable surroundings"²
2. Games of low organization "that develop in the pupils the ability to cooperate as a part of a large group in achieving a mutual goal and to provide a variety of games in which a great many socializing situations arise and are met"³
3. Mimetics and story plays which "provide an opportunity for the exercise of imagination, initiative, self-reliance and self-control

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1. Senon, Elizabeth L. et al., Physical Education Methods for Elementary Schools. Philadelphia: W. B. Sanders & Co., 1948, pp. 26-27
 2. Neilson, N. P. and Van Hagen, Winifred, Physical Education in the Elementary Schools. New York: A. S. Barnes & Co., 1942, pp. 36
 3. University of the State of New York Bulletin, Physical Education Syllabus, Book II. Albany, The University of the State of New York Press; 1935, pp. 123-24

of children"¹

4. Stunts and self testing activities that provide means of testing ability and accomplishment in a variety of situations which demand skill
5. Relay races which develop the ability to work together as a group to accomplish an ultimate goal
6. Hunting games which are traditional and satisfy the desire for activity
7. Fundamental athletic games, introduced in the third grade, which develop certain basic skills which can later be used in team games

The time allotment for activities of the primary grade level is:

Activity	Approximate Per cent of Total Time
Games of Low Organization	25%
Rhythms	30%
Mimetics and Story Plays	15%
Stunts and Self-testing	15%
Hunting Games	15%

Objectives for Intermediate Program: The characteristics of children in the intermediate grade-level which influence the selection of activities for the physical education program are varied. The group instinct

1. University of the State of New York Bulletin, ibid., pp. 39

now supersedes the individualistic instinct. Team and gang loyalties are beginning to develop.¹ These children are interested in games and relays. Their hearts and lungs are nearly developed to adult proportions so that organized team games may be used during play period.² The girls of the intermediate grades are highly interested in rhythms and games of low organization, while the boys like hunting activities. "The boy or girl who does not at least begin to learn the fundamental skills in this period is likely to be the 'problem child' in high school and the 'motor moron' in college."³ The children in the intermediate grade level are in a slow-growth period and muscular strength ought to be developed.

The objectives of the intermediate grade level program are fulfilled by continuing the type of activities of the previous grades, and by the introduction of athletic games which are more complex than those offered in the third grade. Athletic games develop basic skills, cooperation, and coordination; and they also serve to

1. Sehon, Elizabeth, ibid., pp. 28

2. Sehon, Elizabeth and Others, Ibid., pp. 28

3. Nixon, Eugene W. and Cozens, Frederick W., An Introduction to Physical Education. Philadelphia and London: 1942, pp. 107

implant the proper spirit toward victory and defeat.

The time allotment for the intermediate grade activities is:

Activity	Approximate Percent of Total Time
Rhythms	15%
Games of Low Organization	15%
Hunting Games	5%
Mimetics	5%
Athletic Games	30%
Relays	15%
Stunts and Self-testing	15%

Objectives for Junior High School Program: Junior high school children's varied characteristics must be given careful consideration when planning a physical education program. The children of this grade level are either in the pre-adolescent or adolescent stage. This is a period of rapid growth; however, the heart and lungs do not develop as fast in proportion as other parts of the body. Awkwardness is common because of the rapid structural growth and slower muscular growth. The girls of this age group like to participate in some of the boys' activities, but the games must be modified. The boys like to display strength, courage, and skill.

Stunts, self-testing activities and tumbling are very appropriate activities for them. Junior high school girls can gain poise from folk and dramatic dances. Team-games and relays are engaging for the children at this grade level as they enjoy being loyal to a group. Boys and girls in the junior high are socially inclined and much can be accomplished by frequent co-educational activities such as dancing and social functions. Because of differences in development and needs, girls and boys should be segregated in the majority of their physical education classes. Since the children of the junior high grade level are usually emotionally immature the physical education activities selected should help them overcome this trait.

The physical education program of junior high school students is considerably advanced over that of the previous grade levels. The students are greatly interested in games of high organization. The specific objectives of these games are:

1. To increase the ability to perform the skills of specific team games
2. To learn the rules of the game
3. To develop the ability to make strategic judgments in game situations

4. To increase enjoyment of team games through practise of the skills in individual or small group activities
5. To develop good sportsmanship
6. To develop good leadership and followership
7. To develop a sense of responsibility for and an interest in the proper care of equipment¹

The physical education program should also provide recreational activities which have a carry-over to provide for those students who drop out of school at the close of the ninth grade.

The time allotment for activities in the junior high school physical education program should be as follows:

Activities	Approximate Percent of Total Time
Rhythms	15%
Games of Low Organization	15%
Athletic Games (Individual and organized)	35%
Relays	15%
Stunts and Self-testing	20%

Objectives for Senior High School Program: The characteristics of the students at the senior high level

1. Senon, Elizabeth L., and Others, op. cit., p. 123

are very marked and need special guidance in the physical education program. These students are inclined to be moody and given to some day-dreaming. They are often intolerant of adult interference and are desirous of adventure and excitement. High school students are susceptible to hero worship, and loyalties develop rapidly and strongly. They have strong emotions and do little to control them; attraction of the opposite sex is a common trait. The boys and girls in high school like to belong to clubs, gangs, and teams.¹ Team games, social dances, and activities similar to those introduced in the junior high are beneficially used in the high school physical education classes.²

The specific objectives of the high school physical education program are activities which will do the following:

1. Develop muscular strength and endurance
2. Develop organic vitality
3. Develop neuromuscular skills in athletics, gymnastics and group contests

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1. Lee, Mabel, The Conduct of Physical Education. New York: A. S. Barnes and Co., 1937, p. 73
 2. Irwin, Leslie, The Curriculum of Health and Physical Education. St. Louis: C. V. Mosby & Co., 1944, p. 166

4. Develop an aggressive spirit through the use of combat activity that feature body contact
5. Create intelligent interest in physical activity that will carry over into adult life
6. Develop qualities of leadership
7. Develop skill in dancing and sports activities that will carry over into desirable leisure-time activities
8. Develop acceptable social conduct
9. Provide emotional outlet through creative rhythms and recreational sports¹

Time allotments for the activities of the senior high school physical education program:

Activities	Approximate Percent of Total Time
Recreation and Individual Games	35%
Highly Organized Games	35%
Rhythms and Dancing	15%
Tumbling and Stunts	15%

The specific games and activities for each level are discussed in the following chapter.

1. Nicoll, James S. and Long, May Belle, Developmental Physical Education. New York: World Book Co., 1947, p. 3

Chapter III

ACTIVITIES FOR A TWELVE YEAR PROGRAM

The activities for a twelve year graded program have been an integration of the national, state and local philosophy of physical education, in so far as they can be applied to the public schools of Kelso, Washington. Basic conditions in the community such as environmental factors and occupations have been evaluated. Consideration has been given in selecting the activities so they will utilize the present facilities to the best advantage. The program will furnish the physical education teacher with an adequate source of material and will provide the children of Kelso with a program of activities which will meet their present and future needs.

The activity sheets and the grade placement charts can be used as a guide in the selection of the appropriate activities during the school year. The charts introduce a variety of games each month to stimulate interest and create a positive attitude toward physical education. Periodical review periods are included so that opportunity for ascertaining progress in development of specific skills can be determined. The activity sheets relate

the following information: Bancroft-Ba, Burchneal-B, Elsom-El, Fox-Fo, Hart-Ha, La Salle-La, Mason-Ma, Mitchell-Mit, Neilson-Ne, Nicholl-Nl, O'Keefe-Ok, Rogers-Ro, Wild-Wd, Yocom-Yo, etc. refer to authors of references located in the bibliography on page 73 or 87 . Numbers in column two refer to a specific activity by the author. Book references are found in column three. The references are located in the activity bibliography, grades one through eight on page 73 and grades nine through twelve on page 87 . Column four refers to the exact page number of the designated book. The Columbia or Victor recording numbers are located in column five. If a number is not present the music is found on the same page as the description of the activity. The recordings can be purchased from most music stores by requesting the desired record of a certain type and number.

The graded activity placement chart gives the author and activity number (Ha-11) and suggested monthly placement of the activity. Ha-11 on the placement chart refers to Baa Baa Black Sheep on the activity sheet.

Physical education teachers must construct weekly charts in which specific activities are designated with appropriate time allotments. These activity schedules could be derived from the sample graded activity placement charts provided by this study.

FIRST GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical

Singing Games	Ha 11 Ne 10	Wd 1	La 3 Rev.	Wd 5 Wd 2	Wd 4 La 7	Ne 8 Rev.	Ne 9	Ne 6	Ok 12 Rev.
Folk Dances	Wd 1	Wd 3	Ok 4	Ne 2 Rev.	Ok 5	Wd 6	Wd 7 Rev.	Ne 9 Wd 10	Ne 8
Games of Low Organization	Ma 2 Ne 10	Ne 8	Ma 4 Ne 12	Ma 3 Rev.	Ha 1 Ne 11	Wd 5	Ne 6 Rev.	Ne 7 Ma 13	Ne 9 Rev.
Mimetics	Ne 1	Ne 2	Rev.	Ne 3	Ne 5	Ne 6 Rev.	Ne 7	Ne 4	Rev.
Hunting Games	Ba 1	B 2 Ne 11	Ba 3 Ne 10	Ba 4 Rev.	Ma 5	Ne 6	Ne 7	Ne 8 Rev.	Ne 9 Ma 12
Story Plays	Ne 1 Ne 3	Ne 4 Ne 7	Ne 8 Ne 9 Ne 16	Ne 15 Ne 13 Ne 14	Ne 2 Ne 6	Ne 10 Ne 11 Ne 12	Ne 17 Rev.	Ne 21 Ne 5	Ne 20 Ne 18 Ne 19
Stunts and Self-testing	Ne 1 Ne 2	Ne 3 Rev.	Ha 5 Ha 4	Ok 6 Ok 7	Rev. (Test.)	Ok 8 Ok 9	Ok 10	Ok 11	Ok 12 Rev.

KEY: Refer to page numbers 24, 26, 27, 28, 29 and 30.

ACTIVITIES FOR THE FIRST GRADE

Author ¹	Activity Number ²		Reference Book ³	Page ⁴	Recording ⁵
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Rhythmical Activities

Singing Games

Wd	1	London Bridge	7	150	V 20806A1
Wd	2	Muffin Man	7	142	V 20806B
La	3	This Is the Way the Lady Rides	3	55	
Wd	4	Here We Go Round the Mulberry Bush	7	156	V 20806
Wd	5	Here We Go Round the Christmas Tree	7	157	V 2806
Ne	6	Did You Ever See Lassie	5	81	V 21618
La	7	Thread Follows Needle	3	68	V 22760
Ne	8	Farmer in the Dell	5	83	V 21618
Ne	9	How D'ye Do My Partner	5	85	V 21685
Ne	10	Looby Loo	5	86	V 20214
Ha	11	Baa Baa Black Sheep	2	158	V 22759
Ok	12	Go In and Out the Window	6	87	

1. Symbols: Bancroft-Ba, Burchneal-B, Elsom-El, Fox-Fo, Hart-Ha, La Salle-La, Mason-Ma, Mitchell-Mit, Neilson-Ne, Nicoll-Nl, O'Keefe-Ok, Rogers-Ro, Wild-Wd, Yocom-Yo in column one refer to authors of references and are interpreted when the book numbers in column three are applied to the bibliography on page 73 or 87.

2. Activity numbers in column two refer to a specific activity by the author.

3. Book reference numbers refer to a certain designated book as listed in the bibliography on page 73 or 87 of this study.

4. Page numbers refer to the exact page of the designated reference.

5. Recording numbers refer to the serial numbers of a particular recording, either Columbia or Victor. These numbers can be used when purchasing or renting a desired record. In cases where the recording number is not listed music for that activity is given on the page listing.

ACTIVITIES FOR THE FIRST GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Rhythmical Activities (Cont.)

Folk Dances

Wd	1	I See You	7	193	V 20988
Ne	2	Shoe Maker's Dance	5	88	V20450
Wd	3	Hickory Dickory Dock	7	123	V 20621
Ok	4	Brownie and Leaves	6	186	V 20416
Ok	5	Polly Put the Kettle On	6	182	V 22766
Wd	6	Let Us Wash Our Dollie's Clothes	7	158	
Ne	7	Round and Round the Village	5	87	
Ne	8	Chimes of Dunkirk	5	98	V 21618
Ne	9	Dannish Dance of Greeting	5	99	V 20432
Wd	10	Little Miss Muffett	7	189	

Games of Low Organization

Ha	1	Round Went the Gallant Ship	2	28	
Ma	2	Drop the Handkerchief	4	235	
Ma	3	Cat and Rat	4	233	
Ma	4	Good Morning	4	217	
Wd	5	Brownies and Fairies	7	40	
Ne	6	Jack Be Nimble	5	90	
Ne	7	Leader and Class	5	90	

ACTIVITIES FOR THE FIRST GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
--------	--------------------	--	-------------------	------	-----------

Games of Low Organization (Cont.)

Ne	8	Crossing the Brook	5	90	
Ne	9	Railroad Train	5	91	
Ne	10	Run Rabbit Run	5	91	
Ne	11	Magic Carpet	5	91	
Ne	12	Skip Tag	5	91	
Ma	13	Midnight	4	261	

Hunting Games

Ba	1	Do This Do That	1	75	
Ba	2	Hide The Thimble	1	104	
Ba	3	Slap Jack	1	178	
Ba	4	Squirrel and Nut	1	184	
Ma	5	Old Mother Witch	4	245	
Ne	6	Chase the Animal Around the Circle	5	89	
Ne	7	Cat and Mice	5	89	
Ne	8	Brownies and Fairies	5	89	
Ne	9	Huntsman	5	90	
Ne	10	Run Rabbit Run	5	91	
Ne	11	Squirrel in the Trees	5	91	
Ma	12	Spider and Flies	4	262	

ACTIVITIES FOR THE FIRST GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
<u>Mimetics</u>					
Ne	1	Animal Imitations	5	93	
Ne	2	Building a Stone Wall	5	93	
Ne	3	Ferry Boat	5	93	
Ne	4	Follow the Leader	5	93	
Ne	5	Scooping Sand	5	93	
Ne	6	Toad Jump	5	93	
Ne	7	Climbing a Ladder	5	93	
<u>Story Plays</u>					
Ne	1	A Day in the Country	5	68	
Ne	2	The Sleeping Princess	5	68	
Ne	3	The Play ground	5	68	
Ne	4	Halloween	5	70	
Ne	5	Nutting	5	70	
Ne	6	Brownies	5	70	
Ne	7	Cutting Grass	5	70	
Ne	8	Autumn in the Woods	5	70	
Ne	9	Preparing for Thanksgiving	5	71	
Ne	10	Clever Wood Mice	5	72	
Ne	11	Cowboys	5	73	

ACTIVITIES FOR THE FIRST GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Story Plays (Cont.)

Ne	12	Playing in the Snow	5	73	
Ne	13	Dear Old Santa	5	74	
Ne	14	Washington's Cherry Tree	5	75	
Ne	15	Christmas Tree	5	75	
Ne	16	Betsy Ross Making the Flag	5	76	
Ne	17	March Winds	5	76	
Ne	18	At the Sea Shore	5	78	
Ne	19	At the Beach	5	79	
Ne	20	May Queen	5	79	
Ne	21	Firemen	5	72	

Stunts and Self-testing

Ne	1	Duck Walk	5	142	
Ne	2	Rabbit Hop	5	142	
Ne	3	Crab Walk	5	142	
Ha	4	Full Squat	2	177	
Ha	5	Bent Knee Hop	2	177	
Ok	6	Elephant Walk	6	170	
Ok	7	Chicken Walk	6	170	
Ok	8	Lame Dog	6	170	

ACTIVITIES FOR THE FIRST GRADE (Cont.)

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Stunts and Self-Testing (Cont.)</u>					
Ok	9	Mule Kick	6	170	
Ok	10	Walrus Walk	6	170	
Ok	11	Spanker	6	170	
Ok	12	Measuring Worm	6	170	

SECOND GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical

Singing Games	Rev. Ne 5	Wd 1	Wd 2	Wd 3 Rev.	Ne 4	Ne 6	Ne 7 Rev.	Ne 8 Ne 9	Rev.
Folk Dances	Rev. Ne 1	Ne 2	Ne 3 Rev.	Wd 4	Ne 5	Ne 6	Ne 7 Rev.	Ne 8 Ne 9	Ne 10 Rev.
Games of Low Organization	Ma 1 Ma 10	Ma 2 Ma 11	Ne 3 Ma 12	Ne 4 Rev.	Ne 5 Ne 6	Ma 13 Ba 16	Ma 7 Rev.	Ma 8 Ma 9	Ma 15 Ma 14 Rev.
Hunting Games	Ma 1 Rev. first grade	Ne 6	Ma 2 Rev.	Ne 3	Ne 4 Rev.	Ne 5	Ne 7	Ne 8 Rev.	Ne 9 Ne 10
Mimetics	Ne 1 Rev. first grade	Ne 2	Ne 4 Rev.	Ne 3	Ne 8	Ne 5 Rev.	Ne 6	Ne 7	Rev.
Story Plays	Ne 1 Ne 2	Ne 3 Rev.	Ne 8	Ne 6	Ne 9	Ne 5 Rev.	Ne 10	Ne 4	Ne 11 Ne 7
Relays	Ba 1 Ba 2	Ma 3	Ma 4 Rev.	Ma 5	Ne 6	Ne 7 Rev.	Ne 8 Ne 11	Ne 9	Rev.
Tumbling and Self-testing	Rev. first grade	Ha 1	Ha 2	Ha 3 Rev.	Ha 4	Ha 5	Ha 6 Rev.	Ha 7	Rev.

KEY: Refer to page numbers 32, 33, 34, 35 and 36.

ACTIVITIES FOR THE SECOND GRADE

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Rhythmical Activities</u>					
Singing Games					
Wd	1	I'm Very Very Small	7	154	
Wd	2	To Market To Market	7	171	
Wd	3	Three Little Kittens	7	175	
Ne	4	Round and Round the Village	5	87	C 3148
Ne	5	Oats Peas Beans Barley	5	102	V 20214
Ne	6	The Swing	5	107	V 20744
Ne	7	Carrousel	5	128	V 20432
Ne	8	Jolly Is the Miller	5	132	V 20214
Ne	9	Ten Little Indians	5	138	V 22759
La	10	Seven Pretty Maidens	3	73	V 22761
Folk Dances					
Ne	1	Little Bo-Peep	5	133	
Ne	2	A Hunting We Will Go	5	100	V 22759B
Ne	3	Marusaki	5	101	
Wd	4	Old Roger Is Dead	7	166	
Ne	5	Pussy Cat Pussy Cat	5	105	V 20621
Ne	6	Pop Corn Magic	5	104	
Ne	7	Sleeping Beauty	5	106	
Ne	8	Nixie Polka	5	134	V 21685

ACTIVITIES FOR THE SECOND GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
<u>Rhythmical Activities (Cont.)</u>					
Folk Dances (Cont.)					
Ne	9	Bleking	5	218	V 20989
Ne	10	Swiss May Dance	5	140	
<u>Games of Low Organization</u>					
Ma	1	Circle Blind Man's Bluff	4	251	
Ma	2	Charlie Over the Water	4	247	
Ne	3	Do This Do That	5	92	
Ne	4	Back to Back	5	95	
Ne	5	Midnight	5	97	
Ne	6	Puss in a Circle	5	97	
Ma	7	Puss in a Corner	4	222	
Ma	8	Come With Me	4	223	
Ma	9	Grab A Partner	4	224	
Ma	10	I Spy	4	228	
Ma	11	Fox and the Farmer	4	233	
Ma	12	Have You Seen My Sheep	4	236	
Ma	13	The Shepherd and the Wolf	4	245	
Ma	14	Squat Tag	4	247	
Ma	15	The First of May	4	222	

ACTIVITIES FOR THE SECOND GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Games of Low Organization (Cont.)

Ba	16	Circle Ball	1	356	
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Hunting Games

Ma	1	Hunter	4	221	
Ma	2	Grab A Partner	4	224	
Ne	3	Huntsman	5	90	
Ne	4	Bird Catcher	5	95	
Ne	5	Cat and Rat	5	95	
Ne	6	Double Circle	5	96	
Ne	7	Hound and Rabbit	5	96	
Ne	8	Midnight	5	97	
Ne	9	Ring Call Ball	5	97	
Ne	10	Spiders and Flies	5	98	

Mimetics

Ne	1	Bell Ringing	5	121	
Ne	2	Climbing Ladders	5	121	
Ne	3	Weather Vane	5	121	
Ne	4	Toad Jump	5	121	
Ne	5	Cowboy Throwing Lasso	5	145	
Ne	6	Bicycling	5	145	

ACTIVITIES FOR THE SECOND GRADE (Cont.)

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Mimetics (Cont.)</u>					
Ne	7	Striking Anvil	5	146	
Ne	8	Skating	5	146	
<u>Story Plays</u>					
Ne	1	Swimming	5	109	
Ne	2	The Fire	5	109	
Ne	3	Indians	5	109	
Ne	4	Automobile	5	110	
Ne	5	In the Barn	5	110	
Ne	6	The Jubilee Toys	5	111	
Ne	7	Maple Sugar	5	111	
Ne	8	Pilgrims	5	112	
Ne	9	Coasting With the Christmas Sled	5	115	
Ne	10	Repairing Roads	5	116	
Ne	11	Making a Garden	5	119	
<u>Relays</u>					
Ba	1	Tag the Wall Relay	1	192	
Ba	2	Line Ball Relay	1	192	
Ma	3	Sore Toe Relay	4	167	

ACTIVITIES FOR THE SECOND GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Relays (Cont.)

Ma	4	Heel Run Relay	4	167	
Ma	5	Hopping Relay	4	167	
Ne	6	Aisle Pass Relay	5	120	
Ne	7	Automobile Relay	5	121	
Ne	8	Bean Bag Passing Relay	5	140	
Ne	9	Eraser Relay	5	141	
Ne	10	Around the Row Relay	5	140	
Ne	11	Stoop and Stretch Relay	5	142	

Tumbling and Self-testing Stunts

Ha	1	Crab Walk	2	177	
Ha	2	Frog Hop	2	177	
Ha	3	Seal Crawl	2	177	
Ha	4	Full Squat	2	177	
Ha	5	Wheel Barrow	2	177	
Ha	6	Bent Knee Hop	2	177	
Ha	7	Gallop	2	177	

THIRD GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical

Folk Dances	Wd 13 Ne 8	La 2 Rev.	La 3 Wd 11	Ne 4	Ne 5 Rev.	Ne 6 Ne 9	Ne 7	Ne 10 Ne 12	Wd 1 Rev.
Games of Low Organization	Wd 5 Rev.	Wd 1	Wd 2	Rev.	Wd 3	Wd 7	Ba 6	Wd 4	Rev.
Hunting Games	Rev. Ne 8	Ba 1	Ba 2	Ok 3	Rev.	Ne 4	Ne 5	Ne 6 Rev.	Ne 7
Pre Athletic Games	Wd 2 Ne 8	Wd 1	Ne 3 Rev.	Ne 4	Ne 5	Ne 6	Ne 7	Ok 10 Ok 9	Ok 11 Rev.
Relay Races	Ba 1	Ha 2	Ne 6	Ne 4	Ne 5	Wd 3	Ne 9	Ne 8	Ne 7
Mimetics	Fool- ball	Rev. 2nd grade mimetics	Fish- ing	Box- ing	Basket- ball	Hunt- ing	Golf	Track	Base- ball
Tumbling and Self- testing	Rev. second grade	Ne 1	Ne 2	Rev.	Ne 3 Ne 5	Ne 6 Ne 7	Rev.	Ne 8	Ne 9 Ne 10

KEY: Refer to page numbers 38, 39, 40 and 41.

ACTIVITIES FOR THE THIRD GRADE

Author	Activity Number		Reference		Recording
			Book	Page	

Rhythmical Activities

Folk Dances

Wd	1	Swiss May Dance	7	242	C 3153
La	2	Polka	3	15	
La	3	Old Woman Who Lives in a Shoe	3	36	
Ne	4	Beans Porridge Hot	5	127	V 20621
Ne	5	Hot Cross Buns	5	129	
Ne	6	Indian War Dance	5	130	
Ne	7	Jolly Is the Miller	5	132	V 20214
Ne	8	Little Bo-Peep	5	133	V 20212
Ne	9	Old Dan Tucker I	5	135	V 20447
Ne	10	Sandal Polka	5	136	C 3052
Wd	11	Yankee Doodle	7	179	V 20166
Wd	12	Nest Making	7	201	C 3058
Wd	13	The Hobby Horse	7	203	V 18598

Games of Low Organization

Wd	1	Pom Pom Pullaway	7	41	
Ok	2	Flying Dutchman	6	82	
Wd	3	Black and White	7	38	
Wd	4	Center Base	7	37	

ACTIVITIES FOR THE THIRD GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Games of Low Organization (Cont.)

Ba	5	Have You Seen My Sheep	1	26	
Ba	6	Steps	1	36	
Wd	7	Squirrels in the Trees	7	36	
Ma	8	Forrest Look Out	4	224	

Hunting Games

Ba	1	Lame Fox and Chickens	1	124	
Ba	2	I Say Stoop	1	136	
Ok	3	Little Brown Bear	6	79	
Ne	4	Ball Puss	5	123	
Ne	5	Follow the Leader	5	125	
Ne	6	The Ocean Is Stormy	5	125	
Ne	7	Floor Tag	5	124	
Ne	8	Stoop Tag	5	124	

Pre-athletic Games

Wd	1	Circle Bounce Ball	7	28	
Wd	2	Snatch the Handkerchief	7	40	
Ne	3	Boundry Ball	5	146	
Ne	4	Dodge Ball	5	146	
Ne	5	Kick Ball	5	147	

ACTIVITIES FOR THE THIRD GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Pre-athletic Games (Cont.)

Ne	6	Hand Polo	5	147	
Ne	7	Tick Ball	5	148	
Ne	8	Soccer Dodge Ball	5	161	
Ok	9	Circle Baseball	6	85	
Ok	10	No-base Stop	6	86	
Ok	11	Hit the Pin One-base	6	86	

Relay Races

Ba	1	Line Ball Relay	1	384	
Ha	2	Automobile Relay	2	28	
Wd	3	Leader Spry	7	32	
Ne	4	Around the Row Relay	5	140	
Ne	5	Bean Bag Passing Relay	5	140	
Ne	6	Bean Bag Throw Relay	5	140	
Ne	7	Relay Races	5	140	
Ne	8	Stoop and Stretch Relay	5	142	
Ne	9	Cross Over Relay	5	141	

Mimetics

Review mimetics of the first and second grade, also use combination of fundamental of seasonal sports, such as baseball, football, basket ball, volley ball, track and tennis.

ACTIVITIES FOR THE THIRD GRADE (Cont.)

Author	Activity Number	<u>Tumbling and Self-testing Stunts</u>	Reference		Recording
			Book	Page	
Ne	1	Duck Walk	5	142	
Ne	2	Rabbit Hop	5	142	
Ne	3	Crab Walk	5	142	
Ne	4	Human Rocker	5	142	
Ne	5	Step Hop	5	143	
Ne	6	Gallop	5	143	
Ne	7	Frog Hand Stand	5	143	
Ne	8	Forward Race	5	143	
Ne	9	Cart Wheel	5	144	
Ne	10	Chinese Get Up	5	145	

FOURTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical

Folk Dances	Rev. third grade	La 6 Ne 11	Wd 4 Ne 12	Wd 5 Ne 14	La 7 Ne 13	Ok 3 Ne 8	Ok 2 Ne 10	Ne 9 Wd 15	Wd 1 Rev.
Games of Low Organization	Wd 9	Ma 8	Ma 1 Rev.	Ma 2	Ma 3	Ma 4 Rev.	Ma 6	Ma 7	Ma 5 Rev.
Hunting Games	Rev. Ba 1	Ba 2 Ba 11	Ba 3	Ba 5 Rev.	Ba 6	Ba 5 Ba 12	Ba 4 Rev.	Ba 7 Ba 10	Ba 8 Ba 9
Pre- Athletic Games	Ba 1 Ba 2	Ne 11 Wd 17	Ne 13 Ne 8	Ba 15 Wd 16	Ba 3 Ne 4	Ne 15 Ma 18	Ne 14 Ne 5	Ne 9 Ne 6	Ne 7 Ne 12
Relay Races	Rev. Ba 1	Ma 2	Ma 3 Rev.	Ma 4	Ne 5	Ne 6 Rev.	Ne 7	Ne 8	Ne 9 Rev.
Mimetics	Rev. third grade	Ne 1	Rev.	Ne 2	Ne 3	Rev.	Ne 4	Ne 5	Rev.
Tumbling and Self- testing Stunts	Rev. third grade	Ba 1	Wd 2	Ne 3	Rev.	Ne 4	Ne 5	Ne 6 Ne 7	Ne 9 Rev.

KEY: Refer to page numbers 43, 44, 45, 46 and 47.

ACTIVITIES FOR THE FOURTH GRADE

Author	Activity Number		Reference Book	Page	Recording
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Rhythmical Activities

Folk Dances

Wd	1	May Pole Dance	7	415	C A3038
Ok	2	Killer Diller Polka	6	218	
Ok	3	Oh, Susanna	6	220	C 26019
Wd	4	Hanse and Gretel	7	220	V 21620
Wd	5	Indian Dance	7	198	
La	6	Indian Corn Husking Dance	3	82	
La	7	Vineyard Dance	3	90	
Ne	8	Broom Dance	5	172	V 20448
Ne	9	Children's Polka	5	173	C 3052
Ne	10	Comin' Through the Rye	5	174	V 20432
Ne	11	Dutch Couple Dance	5	176	
Ne	12	Midnight	5	183	
Ne	13	Pop Goes the Weasel	5	185	V 20151
Ne	14	Rovencha	5	186	
Wd	15	Swedish Ring Dance	7	222	

Games of Low Organization

Ma	1	Catch the Cane	4	220	
Ma	2	Bear in the Pit	4	239	

ACTIVITIES FOR THE FOURTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Games of Low Organization (Cont.)

Ma	3	Ankle Tag	4	248	
Ma	4	Jump the Shot	4	259	
Ma	5	Black and White	4	266	
Ma	6	Crows and Cranes	4	267	
Ma	7	Club Snatch	4	273	
Wd	8	Jack Be Quick	7	51	
Wd	9	Last Couple Out	7	53	

Hunting Games

Ba	1	Bull in the Ring	1	69	
Ba	2	The Hunt	1	132	
Ba	3	Hunt the Fox	1	133	
Ba	4	Hound and Rabbit	1	130	
Ba	5	How Many Miles to Babylon	1	130	
Ne	6	Barley Break	5	166	
Ne	7	Bears and Cattle	5	167	
Ne	8	The Boiler Burst	5	167	
Ne	9	Circle Chase	5	167	
Ne	10	Come Along	5	168	
Ne	11	Inner Circle Ball	5	169	
Ne	12	Poison Seat	5	170	

ACTIVITIES FOR THE FOURTH GRADE (Cont.)

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Pre-athletic Games</u>					
Ba	1	Circle Dodge Ball	1	364	
Ba	2	Boundry Ball	1	336	
Ba	3	School Room Dodge Ball	1	369	
Ne	4	Bat Ball	5	151	
Ne	5	End Ball.	5	153	
Ne	6	Long Ball	5	155	
Ne	7	One Old Cat	5	157	
Ne	8	Pin Soccer	5	157	
Ne	9	Play Ground Baseball	5	158	
Ne	10	Prisoner Base	5	161	
Ne	11	Soccer Dodge Ball	5	161	
Ne	12	Triangle Ball	5	162	
Ne	13	Volley Tennis	5	162	
Ne	14	Work Up	5	163	
Ba	15	Captain Ball	1	479	
Wd	16	Basket Ball Goal Games	7	72	
Wd	17	Soccer Games	7	65	
Ma	18	Tether Ball	4	292	

ACTIVITIES FOR THE FOURTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
<u>Relay Races</u>					
Ba	1	Corner Spry Relay	1	360	
Ma	2	Shuttle Relay	4	164	
Ma	3	Kangaroo Relay	4	168	
Ma	4	Over and Under	4	203	
Ne	5	Arch Ball Relay	5	163	
Ne	6	Attention Relay	5	164	
Ne	7	Farmer and Crow Relay	5	164	
Ne	8	Home Base Relay	5	165	
Ne	9	Soccer Relay	5	166	
Ne	10	Carry and Fetch Relay	5	164	
<u>Mimetics</u>					
Ne	1	Archery	5	191	
Ne	2	Fire Cracker	5	191	
Ne	3	Jack in the Box	5	191	
Ne	4	Sewing Machine	5	191	
Ne	5	Skating	5	191	
<u>Tumbling and Self-testing Stunts</u>					
Ba	1	Wand and Toe Wrestle	1	247	
Wd	2	Chinese Get Up	7	364	

ACTIVITIES FOR THE FOURTH GRADE (Cont.)

Author	Activity Number	<u>Tumbling and Self-testing Stunts (Cont.)</u>	Reference Book Page	Recording
Ne	3	Frog Hop	5 187	
Ne	4	Stooping the Stretch	5 187	
Ne	5	Knee Dip	5 188	
Ne	6	Head Stand	5 189	
Ne	7	Back Spring	5 189	
Ne	8	Centipede	5 190	
Ne	9	Clown Tricks	5 188	
Ne	10	Double Forward Roll	5 188	
Ne	11	Coffee Grinder	5 188	

FIFTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical

Folk Dances	Wd 1 Rev. 4th grade	La 3 Ne 6	La 4 Ne 7 Rev.	Ne 8 La 5	Ne 9 Ne 10	Ne 11 Ne 12	Wd 13 Rev.	Wd 14 Wd 15	Wd 2 Wd 16 Rev.
Games of Low Organization	Rev. 4th grade	Ba 1	Ba 2	Rev.	Ba 3	Ma 4	Ma 5	Ma 7 Rev.	Ma 6
Hunting Games	Ba 9	Ba 1	Ne 2 Rev.	Ne 3	Ne 4	Ne 5 Rev.	Ne 6	Ne 7	Ne 8 Rev.
Pre- Athletic Games	soc- cer type	soc- cer type	bas- ket ball type	bas- ket ball type	bas- ket ball type	vol- ley ball type	vol- ley ball type	soft- ball type	soft- ball type
Mimetics	Ne 1 Rev. 4th grade	Ne 2	Ne 3	Ne 4	test- ing	Ne 5	Ne 6	Wd 7	Test- ing
Relay Games	Rev. 4th grade	Ne 1	Ne 2	Ne 3	Ne 4	Ne 5 Rev.	Ne 6	Ne 7	Ne 8 Rev.
Tumbling and Self- testing Stunts	Rev. 4th grade stunts	Wd 1	Wd 2	Wd 3 Rev.	Wd 4 Ne 5	Ne 6 Ne 7	Ne 8 Ne 9	Rev.	Ne 10 Wd 11

KEY: Refer to page numbers 49, 50, 51, 52, 53 and 54.

ACTIVITIES FOR THE FIFTH GRADE

Author	Activity Number		Reference Book	Page	Recording
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Rhythmical Activities

Folk Dances

Wd	1	Straska	7	228	
Wd	2	Nuts in May	7	157	V 20806
La	3	Hopi Corn Dance	3	83	
La	4	Kaca	3	97	
La	5	Janko	3	106	
Ne	6	Bleking	5	218	V 209893
Ne	7	Csebagar	5	220	V 20992
Ne	8	Finnish Reel	5	221	C 3062
Ne	9	Ritsch Ratsch	5	224	
Ne	10	Land of Cotton	5	222	V 20166
Ne	11	John Brown's Body	5	226	V 20447
Ne	12	Virginia Reel	5	225	V 20447
Wd	13	Snow Storm	7	212	
Wd	14	Troika	7	258	V 17087
Wd	15	Fist Polka	7	253	
Wd	16	Weaving Dance	7	264	

Games of Low Organization

Ba	1	Prisoner Base	1	190	
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ACTIVITIES FOR THE FIFTH GRADE(Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Games of Low Organization (Cont.)

Ba	2	Three Deep	1	246	
Ba	3	Beast, Bird, or Fish	1	274	
Ma	4	Hunter	4	221	
Ma	5	Pass and Change	4	238	
Ma	6	Cross Tag	4	240	
Ma	7	Duck on the Rock	4	254	

Hunting Games

Ba	1	Going to Jerusalem	1	107	
Ne	2	Ante Over	5	230	
Ne	3	Center Catch Touch Ball	5	231	
Ne	4	Circle Kick Ball	5	231	
Ne	5	Center Stride Ball	5	231	
Ne	6	Catch of Fish	5	232	
Ne	7	Indian Club Game	5	232	
Ne	8	O'Leary	5	233	
Ba	9	Club Snatch	1	82	

Pre-athletic Games

Soccer Type

Ma	1	Keep It Up	4	150	
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ACTIVITIES FOR THE FIFTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Pre-athletic Games (Cont.)

Soccer Type (Cont.)

Ma	2	Corner Spry	4	211	
Ma	3	Soccer Target Baseball	4	334	
Ma	4	Soccer Tag	4	259	
Ma	5	Soccer Keep Ball	4	406	
Ma	6	Soccer Goal Ball	4	408	
Ne	7	Rotation Soccer	5	199	
Ne	8	Soccer Keep Away	5	201	
Ne	9	Square Soccer	5	202	
Ne	10	Soccer Dribble	5	213	
Ne	11	Soccer Kick for Goal	5	213	
Ne	12	Modified Soccer	5	287	

Basket Ball Type

Ma	1	Goal Circle Ball	4	227	
Ma	2	Dodge Ball	4	264	
Ma	3	Captain Ball	4	499	
Ma	4	Zig Zag Ball Passing Relay	4	206	
Ma	5	Nine Court Keep Away	4	488	
Ma	6	Nine Court Basketball	4	506	

ACTIVITIES FOR THE FIFTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Pre-athletic Games (Cont.)

Basket Ball Type (Cont.)

Ma	7	Corner Ball	4	497	
Ma	8	Captain Basket Ball	4	504	
Ne	9	Basket Ball Foul Shot	5	205	
Ne	10	Basket Ball Pass for Accuracy	5	205	
Ne	11	Basket Ball Throw for Accuracy	5	205	
Ne	12	Basket Ball Throw for Goal	5	206	

Volley Ball Type

Ma	1	Volley Ball Service	4	63	
Ma	2	Newcomb	4	493	
Ma	3	Giant Volley Ball	4	369	
Ma	4	Doubles Volley Ball	4	370	
Ma	5	Club Room Volley Ball	4	370	
Ma	6	Toss Ball	4	370	
Ba	7	Volley Ball Keep Over	1	644	
Wd	8	Simplified Volley Ball	7	92	

Soft Ball of Baseball

Ma	1	One Old Cat	4	326	
Ma	2	Work Up	4	327	

ACTIVITIES FOR THE FIFTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Pre-athletic Games (Cont.)

Soft Ball or Baseball (Cont.)

Ma	3	Two-Three Old Cat	4	327	
Ma	4	Cross Out	4	328	
Ne	5	Fly Catching	5	203	
Ne	6	Baseball Batting for Accuracy	5	203	
Ne	7	Throw and Catch	5	203	
Ne	8	Baseball Throw for Accuracy	5	204	
Ne	9	Base Running	5	205	
Wd	10	Circle Strike	7	90	

Relay Races

Ne	1	All Up Indian Club Relay	5	214	
Ne	2	Arch Ball Goal Relay	5	215	
Ne	3	Bull Frog Relay	5	215	
Ne	4	Over and Under Relay	5	216	
Ne	5	Pass and Squat Relay	5	216	
Ne	6	Rescue Relay	5	216	
Ne	7	Run Toss and Catch Relay	5	217	
Ne	8	Stride Ball Relay	5	217	

ACTIVITIES FOR THE FIFTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
<u>Mimetics</u>					
Ne	1	Chopping Wood	5	234	
Ne	2	Cross Cut Sawing	5	234	
Ne	3	Scythe Swinging	5	235	
Ne	4	Thread the Needle	5	235	
Ne	5	Signalling	5	235	
Ne	6	Pump Up a Bicycle Tire	5	235	
Wd	7	Paddling a Canoe	7	342	
<u>Tumbling and Self-testing Stunts</u>					
Wd	1	Ankle Throw	7	361	
Wd	2	Knee Dip	7	359	
Wd	3	Rooster Fight	7	369	
Wd	4	Jumping Jack	7	360	
Ne	5	Tuck Stand	5	228	
Ne	6	Heel Click	5	228	
Ne	7	Wooden Man	5	229	
Ne	8	Horizontal Balance	5	229	
Ne	9	Jump the Stick	5	230	
Ne	10	Indian Wrestle	5	230	
Wd	11	Hand Walk	7	361	

SIXTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar.: Apr. : May

Rhythmical Folk Dances	Rev. 5th grade dances La 2	La 3 Ne 5	La 4 Ne 12 Rev.	Wd 13 Wd 14	Wd 15 Ne 9	Ne 11 Rev.	Ne 7 Ne 6	Ne 10 Ne 8	Wd 1 Rev.
Games of Low Organization	Ba 3 Rev. 5th grade games	Ba 1 Ba 2	Ma 5 Rev.	Ma 6	Ma 8	Ma 9	Ma 7	Ma 10	Ma 4 Rev.
Hunting Games	Ba 1	Ba 2	Ba 3	Ne 4	Ne 5	Ne 6	Ne 7	Ne 8	Ne 9
Pre- Athletic Games	soc- cer type	soc- cer type	bas- ket ball type	bas- ket ball type	bas ket ball type	vol- ley ball type	vol- ley ball type	soft- ball type	base- ball type
Relay Races	Rev. 5th grade relays	Ba 1	Wd 2	Rev.	Ne 3	Ne 4	Ne 5	Ne 6 Rev.	Ne 7 Ne 8
Mimetics	Rev. 5th grade mimetics	Ne 1	Ne 2	Ne 3	Rev.	Ne 5	Ne 4	Ne 6	Rev.
Tumbling and Self- testing Stunts	Rev. 5th grade stunts Wd 1	Ne 2 Ne 13	Ne 3	Ne 4	Ne 5 Ne 11	Ne 6 Rev.	Ne 7 Ne 14	Ne 8 Wd 11 Ne 16	Wd 9 Wd 10 Ne 15

KEY: Refer to page numbers 56, 57, 58, 59, 60 and 61.

ACTIVITIES FOR THE SIXTH GRADE

Author	Activity Number	Reference		Recording
		Book	Page	

Rhythmical Activities

Folk Dances

Wd	1	May Dance	7	415	V 20990
La	2	How Do You Do	3	96	V 21685
La	3	Kerry Dance	3	113	
La	4	Irish Long Dance	3	134	V 21749
Ne	5	Ace of Diamonds	5	258	V 20989
Ne	6	Captain Jinks	5	260	V 20639
Ne	7	Gustaf's Skoal	5	261	V 17330
Ne	8	Little Man in a Fix	5	262	V 20449
Ne	9	Lottie Is Dead	5	263	V 20988
Ne	10	Norwegian Mountain March	5	264	V 20151
Ne	11	Sicilian Circle	5	266	C 5560
Ne	12	Polly-Wolly Doodle	5	264	
Wd	13	Seven Jumps	7	213	V 21617
Wd	14	French Reel	7	249	V 18600
Wd	15	Minuet	7	259	V 20990

Games of Low Organization

Ba	1	Indian Club Game	1	134	
Ba	2	Jump the Shot	1	146	

ACTIVITIES FOR THE SIXTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Games of Low Organization (Cont.)

Ba	3	Dodge Ball	1	515	
Ma	4	Tug of War	4	145	
Ma	5	Square Dodge Ball	4	281	
Ma	6	Stealing Sticks	4	278	
Ma	7	Partner Tag	4	242	
Ma	8	Hindo Tag	4	248	
Ma	9	King of the Mountain	4	312	
Ma	10	Corner Ball	4	497	

Hunting Games

Ba	1	Prisoner Base	1	156	
Ba	2	Prisoner Base Forms	1	156	
Ba	3	Skin the Goat	1	176	
Ne	4	Ball Stand	5	268	
Ne	5	Club Snatch	5	268	
Ne	6	Dare Base	5	269	
Ne	7	Cross Tag	5	269	
Ne	8	Elimination Pass	5	270	
Ne	9	Hindoo Tag	5	270	

ACTIVITIES FOR THE SIXTH GRADE (Cont.)

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Pre-athletic Games</u>					
Soccer Type					
Ma	1	Catch Ball	4	156	
Ma	2	Pin Guard	4	490	
Ma	3	Corner Kick Ball	4	405	
Ma	4	Soccer Snatch Ball	4	408	
Ma	5	Speed Ball	4	415	
Ma	6	Triangle Soccer	4	405	
Ma	7	Gymnasium Soccer	4	414	
Ma	8	Field Ball	4	423	
Basket Ball Type					
Ma	1	Basket Ball Golf	4	49	
Ma	2	Basket Ball Twenty-One	4	157	
Ma	3	Basket Ball Pass and Shoot Relay	4	213	
Ma	4	Basket Ball Dribble Relay	4	213	
Ma	5	Basket Ball for Boys	4	482	
Ma	6	Basket Ball for Girls	4	485	
Ma	7	Guard Ball	4	489	
Ma	8	Nine Court Basket Ball	4	488	
Ma	9	Keep Ball	4	487	

ACTIVITIES FOR THE SIXTH GRADE (Cont.)

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Pre-athletic Games (Cont.)</u>					
Basket Ball Type (Cont.)					
Ne	10	Pin Basket Ball	5	244	
Ok	11	Basket Ball Skills	6	116	
Ok	12	Center Basket Ball	6	126	
Volley Ball Type					
Ma	1	Progressive Dodge Ball	4	282	
Ma	2	Field Dodge Ball	4	283	
Ma	3	Doubles Volley Ball	4	370	
Ma	4	Volley Ball Bounce	4	371	
Ma	5	Volley Ball Newcomb	4	493	
Ma	6	Volley Ball	4	366	
Ma	7	Corner Ball	4	497	
Ok	8	Volley Ball Skills	6	132	
Soft Ball and Baseball Type					
Ma	1	Soft Ball Pitching for Accuracy	4	42	
Ma	2	Soft Ball	4	323	
Ma	3	Base Ball Twenty-One	4	329	
Ma	4	Line Ball	4	330	
Ma	5	Speed Ball (baseball type)	4	331	

ACTIVITIES FOR THE SIXTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Pre-athletic Games (Cont.)

Soft Ball and Baseball Type (Cont.)

Ma	6	Bull's Eye Baseball	4	345	
Ok	7	Soft Ball Skills	6	136	

Relay Races

Ba	1	Round Ball Relay	1	254	
Wd	2	Hop Step Relay	7	111	
Ne	3	Cap Transfer Relay	5	251	
Ne	4	Double Circle Pass	5	252	
Ne	5	In and Out Relay	5	252	
Ne	6	Odd and Even Relay	5	252	
Ne	7	Zigg Zagg Bounce Relay	5	253	
Ne	8	Skipp Rope Relay	5	253	

Mimetics

Ne	1	Jump and Clap	5	271	
Ne	2	Locomotive	5	271	
Ne	3	Pulling Up Anchor	5	271	
Ne	4	Screw Driver	5	271	
Ne	5	Steam Boat	5	271	
Ne	6	Teamster Warming Up	5	271	

ACTIVITIES FOR THE SIXTH GRADE (Cont.)

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Tumbling and Self-testing Stunts</u>					
Wd	1	Jumping Jack	7	360	
Ne	2	Heel and Toe Spring	5	254	
Ne	3	Ankle Throw	5	254	
Ne	4	Automobiling	5	254	
Ne	5	Sitting Balance	5	255	
Ne	6	Standing High Kick	5	256	
Ne	7	Elephant Walk	5	256	
Ne	8	Triple Roll	5	257	
Wd	9	Through the Stick	7	362	
Wd	10	Merry-Go-Round (group)	7	365	
Wd	11	Special Stunt Series Relay	7	370	
Ne	12	Hand Traveling Events	5	248	
Ne	13	Heel Grasp Race	5	249	
Ne	14	Shuttle Broad Jump	5	249	
Ne	15	Standing High Jump	5	251	
Ne	16	Three Standing Broad Jumps	5	251	

SEVENTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept. : Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical

Folk Dances	Rev. 6th grade dances La 1	La 2	La 3 Ne 9	La 4	Ne 5 Rev.	Ne 6	Ne 7	Ne 8 Ne 10	Ne 11
Games of Low Organization	Ba 1	Ba 2 Ne 11	Ba 3 Rev.	Ba 4	Ma 5 Ne 12	Ma 6 Ne 13	Ma 7 Ne 14	Ma 8 Rev.	Ne 9 Ne 10
Games of High Organization	Ma 4 Ma 5	Ma 7 Ne 9	Ma 6	Ma 2 Ma 6	Ma 2 Ne 10	Ne 10 Rev.	Ma 1	Ma 3	Ne 8
Relay Races	Rev. 6th grade relays Ba 1	Ba 2	Ma 3	Ne 9	Ma 4 Rev.	Ne 5	Ne 6	Ne 7	Ne 8 Rev.
Tumbling and Self- testing Stunts (Boys)	Ro 1 Ro 13	Ro 2 Ro 14	Ro 3 Rev.	Ro 4 Ro 12	Ro 5 Ro 15	Ro 6 Rev.	Ro 7	Ro 8 Ro 11	Ro 9 Ro 10 Rev.
Tumbling and Self- testing Stunts (Girls)	Ro 5 Ro 2	Ro 1 Ro 3	Ro 4 Ro 5	Ro 6	Ro 7 Rev.	Ro 8 Ro 10	Ro 9	Ro 11 Ro 12	Ro 13 Ro 14 Rev.

KEY: Refer to page numbers 63, 64, 65, 66 and 67.

ACTIVITIES FOR THE SEVENTH GRADE

Author	Activity Number		Reference Book	Page	Recording
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Rhythmical Activities

Folk Dances

La	1	Bow Wow	3	129	
La	2	Hatter	3	132	
La	3	Donegal Country Dance	3	131	
La	4	Lancers	3	135	
Ne	5	The Crested Hen	5	300	V 21619
Ne	6	Highland Schottische	5	301	C 3039
Ne	7	The Mangle	5	302	
Ne	8	Old Dan Tucker II	5	303	
Ne	9	Pop Goes the Weasel III	5	303	V 20151
Ne	10	Schottische Couple Dance	5	305	
Ne	11	Uncle Sam's Frolic	5	306	

Games of Low Organization

Ba	1	Maze Tag	1	131	
Ba	2	Odd Man's Cap	1	140	
Ba	3	Dead Ball	1	362	
Ba	4	Roley Poley	1	399	
Ma	5	Poison Snake	4	259	
Ma	6	Pig In a Hole	4	225	

ACTIVITIES FOR THE SEVENTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Games of Low Organization (Cont.)

Ma	7	Master of the Ring	4	300	
Ma	8	Catch and Pull Tug of War	4	304	
Ne	9	Chain Dodge Ball	5	315	
Ne	10	Chain Tag	5	315	
Ne	11	Fox and Geese	5	315	
Ne	12	Nose and Toe Tag	5	315	
Ne	13	Poison	5	315	
Ne	14	Whip Tag	5	315	

Games of High Organization

Ma	1	Track and Field (boys)	4	104	
Ma	2	Boxing and Wrestling (boys)	4	291	
Ma	3	Soft Ball (boys and girls)	4	323	
Ma	4	Field Ball (girls)	4	423	
Ma	5	Touch Football (boys)	4	443	
Ma	6	Basket Ball (boys)	4	482	
Ma	7	Speed Ball (girls)	4	415	
Ne	8	Baseball (boys)	5	274	
Ne	9	Soccer (boys)	5	287	
Ne	10	Volley Ball (boys and girls)	5	294	

ACTIVITIES FOR THE SEVENTH GRADE (Cont.)

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Relay Races</u>					
Ba	1	Bend and Stretch (boys and girls)	1	50	
Ba	2	Line Zig Zag III (boys and girls)	1	423	
Ma	3	Circle Relay (boys and girls)	4	165	
Ma	4	Human Wheelbarrow (boys and girls)	4	187	
Ne	5	Ball Passing (boys and girls)	5	312	
Ne	6	Chariot Race (boys and girls)	5	312	
Ne	7	Dozen Ways of Getting There (boys and girls)	5	312	
Ne	8	Jack Rabbit Relay (boys and girls)	5	313	
Ne	9	Skin the Snake Relay (boys and girls)	5	314	

Tumbling and Self-testing Stunts

Boys

Ro	1	Forward and Backward Roll	8	244	
Ro	2	Squat Kneel	8	248	
Ro	3	Hand Balance	8	247	
Ro	4	Cartwheel	8	258	
Ro	5	Fish Hawk Dive	8	51	

ACTIVITIES FOR THE SEVENTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Tumbling and Self-testing Stunts (Cont.)

Boys (Cont.)

Ro	6	Bridge	8	255	
Ro	7	Head Stand	8	253	
Ro	8	Snake	8	249	
Ro	9	Knee Walk	8	250	
Ro	10	Body Bounce	8	252	
Ro	11	Forearm Balance	8	254	
Ro	12	Elephant Amble	8	52	
Ro	13	Elephant Walk	8	278	
Ro	14	Camel Waddle	8	56	
Ro	15	Camel Walk	8	277	

Girls

Ro	1	Human Knot	8	56	
Ro	2	Heel Click	8	42	
Ro	3	Acrobatic Dance Step	8	45	
Ro	4	Duck Walk	8	34	
Ro	5	Novelty Walk	8	35	
Ro	6	Chair Creeper	8	46	
Ro	7	Fish Hawk Dive	8	51	
Ro	8	Knee Dip	8	43	

ACTIVITIES FOR THE SEVENTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Tumbling and Self-testing Stunts (Cont.)

Girls (Cont.)

Ro	9	Cart Wheel	8	258	
Ro	10	Indian Wrestle	8	116	
Ro	11	Forward Roll	8	244	
Ro	12	Chair Backward Bend	8	84	
Ro	13	Stiff Knee Seat	8	85	
Ro	14	Top	8	78	

EIGHTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical

Folk Dances	Ne 2	La 2	La 1 Rev.	Ne 3 Ne 9	Ne 4 Wd 12	Ne 5 Rev.	Ne 7 Ne 10	Ne 8	Ne 6 Wd 11
Games of Low Organization	Ma 1 Ma 2	Ma 3 Ne 5	Ne 4 Ne 11	Ba 14 Ba 15	Ba 17 Ba 16	Ne 10 Ba 18	Ne 8 Ne 9	Ne 6 Ne 7	Ne 12 Ne 13
Relay Races	Rev. 7th grade relays	Ne 1	Ne 2	Ne 3	Rev.	Ne 4	Ne 5	Ma 6 Ma 9	Ma 7 Ma 8
Tumbling and Self- testing (Boys)	Rev. 7th grade stunts	Ro 1	Ro 2	Ro 3 Ro 4	Ro 6	Ro 7	Ro 8	Ro 9 Ro 5	Ro 10
Tumbling and Self- testing (Girls)	Rev. 7th grade	Ro 1	Ro 3	Ro 2	Ro 4	Ro 5 Ro 6	Ro 7	Ro 8	Ro 9 Ro 10
Games of High Organization	Ma 4 Ma 5	Ma 7 Ne 9	Ma 6	Ma 2 Ma 6	Ma 2 Ne 10	Ne 10	Ma 1	Ma 3	Ne 8

KEY: Refer to page numbers 69, 70, 71 and 72.

ACTIVITIES FOR THE EIGHTH GRADE

Author	Activity Number		Reference		Recording
			Book	Page	

Rhythmical Activities

Folk Dances

La	1	Captain Jinks Square Dance	3	149	
La	2	Fryksdals Polska	3	151	
Ne	3	Badger Gavotte	5	334	
Ne	4	Come Let Us be Joyful	5	336	V 20448
Ne	5	Mallebrok	5	337	
Ne	6	May Pole Dance	5	338	V 20151
Ne	7	Military Schottische	5	339	
Ne	8	Minuet III	5	340	
Ne	9	The Girl I Left Behind Me	5	342	C 33140
Ne	10	Rheinlander	5	344	V 20450
Wd	11	Minuet IV	7	259	
Wd	12	Russian Folk Dance	7	275	

Games of Low Organization

Ma	1	Long Ball	4	336	
Ma	2	Bat Ball	4	338	
Ma	3	Field Ball	4	423	
Ne	4	Advancement	5	319	
Ne	5	Field Dodge Ball	5	319	

ACTIVITIES FOR THE EIGHTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
<u>Games of Low Organization (Cont.)</u>					
Ne	6	Kick Over Ball	5	319	
Ne	7	Side Kick	5	371	
Ne	8	Broncho Tag	5	350	
Ne	9	Master of the Ring	5	351	
Ne	10	Catch and Pull Tug of War	5	350	
Ne	11	Pig in the Hole	5	351	
Ne	12	Seat Tag	5	352	
Ne	13	Soccer Tag	5	352	
Ba	14	Fox and Geese	1	100	
Ba	15	Forcing the City Gates	1	97	
Ba	16	Every Man In His Own Den	1	91	
Ba	17	Triple Change	1	253	
Ba	18	Prisoner Base III	1	193	
<u>Relay Races</u>					
Ne	1	Hop and Hold Relay	5	348	
Ne	2	Human Hurdle Relay	5	348	
Ne	3	Japanese Brab	5	348	
Ne	4	Obstacle Relay	5	349	
Ne	5	Run and Pass Relay	5	349	
Ma	6	Hackey Driving Shuttle Relay	4	194	

ACTIVITIES FOR THE EIGHTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
<u>Relay Races (Cont.)</u>					
Ma	7	Carrying the Injured Relay	4	189	
Ma	8	Tandem Hopping Relay	4	188	
Ma	9	Leap Frog Relay	4	179	
<u>Tumbling and Self-testing Stunts</u>					
Boys					
Ro	1	Dive and Roll	8	260	
Ro	2	Forward and Backward Roll	8	244	
Ro	3	Forearm Balance	8	254	
Ro	4	Backward Roll	8	243	
Ro	5	Knee Drop and Walk	8	251	
Ro	6	Shoulder Bounce	8	252	
Ro	7	Shoulder Seat Backward Roll	8	288	
Ro	8	Series of Cartwheels	8	258	
Ro	9	Neck Stand	8	246	
Ro	10	Rough Rider	8	126	
Girls					
Ro	1	Crane Drive	8	41	
Ro	2	Forward and Backward Roll	8	244	
Ro	3	Camel Walk	8	277	

ACTIVITIES FOR THE EIGHTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Tumbling and Self-testing Stunts (Cont.)

Girls (Cont.)

Ro	4	Rolling Log	8	241	
Ro	5	Dog Walk	8	249	
Ro	6	Knee Dip	8	43	
Ro	7	Cross Dip	8	54	
Ro	8	Pyramids	8	414	
Ro	9	Skin the Snake	8	161	
Ro	10	Leap Frog Race	8	222	

Games of High Organization

Ma	1	Track and Field (boys)	4	104	
Ma	2	Boxing and Wrestling (boys)	4	291	
Ma	3	Soft Ball (boys and girls)	4	323	
Ma	4	Field Ball (girls)	4	423	
Ma	5	Touch Football (boys)	4	443	
Ma	6	Basketball (boys)	4	482	
Ma	7	Speedball (girls)	4	415	
Ne	8	Baseball (boys)	5	274	
Ne	9	Soccer (boys and girls)	5	287	
Ne	10	Volley Ball (boys and girls)	5	294	

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- La 3 La Salle, Dorothy. Rhythms and Dances for the Elementary School. New York: A. S. Barnes and Co., 1926
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- Ok 6 O'Keefe, Pattric Ruth and Fahey, Helen. Education Through Physical Activities. St. Louis: C. V. Mosby and Co., 1949
- Ro 8 Rogers, Martin. A Hand Book of Stunts. New York: The Macmillan Co., 1940
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NINTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical

Folk Dances	Rev. 8th grade dances Ok 12	El 1 Ok 11	El 2 Rev.	Nl 8	Ne 4 Nl 9	B 5	El 6 Nl 10	Bu 7 Rev.	Nl 3
Social Dancing		S 13		S 13		S 13		S 13	
Games of High Organi- zation	Ma 3 Ba 4 Nl 12	Nl 2 Nl 11	Rev. 8th grade athletics	Nl 5 Ma 9	Ma 1 Nl 13	Nl 6 Nl 13	Rev. 8th grade athletics	Ma 8	Ba 7 Nl 10
Tumbling and Stunts (Boys)	Rev. 8th grade stunts	Ro 1	Ro 2 Ro 11	Ro 3	Ro 4 Rev.	Ro 10	Ro 5	Ro 6 Ro 9	Ro 7 Ro 8 Rev.
Tumbling and Stunts (Girls)	Rev. 8th grade stunts	Ro 1	Ro 3	Ro 4 Ro 8	Ro 5 Rev.	Ro 2	Ro 6	Nl 9	Ro 7 Rev.

KEY: Refer to page numbers 75, 76 and 77.

ACTIVITIES FOR THE NINTH GRADE

Author	Activity Number		Reference ¹		Recording
			Book	Page	
<u>Rhythmical Activities</u>					
Folk Dances					
El	1	Barn Dance for Four	4	206	
El	2	Barn Dance for Three	4	206	
Nl	3	Chipaneca	7	66	C 36695
Ne	4	Rye Waltz	6	321	
B	5	Black Nag	2	17	
El	6	French Reel	4	146	
Nl	7	Dolomeyka	3	27	
Nl	8	Fay Ranchero	7	62	
Nl	9	Ching-a-Ling	7	60	
Nl	10	Cachuca	7	59	
Ok	11	Buffalo Bill Goes Round the Outside	8	223	C 36019
Ok	12	The First Two Ladies Cross Over	8	225	C 36018
S	13	Social Dancing			
<u>Games of High Organization</u>					
Ma	1	Volley Ball(Boys and Girls)	5	366	
Nl	2	Speed Ball (Girls)	7	127	

1. Reference book list for 9, 10, 11th and 12th grades is located on page 87.

ACTIVITIES FOR THE NINTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
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Games of High Organization (Cont.)

Ma	3	Touch Football (Boys)	5	443	
Ba	4	Soccer (Boys)	1	419	
Nl	5	Basket Ball (Boys)	7	126	
Nl	6	Boxing and Wrestling (Boys)	7	173	
Ba	7	Baseball (Boys)	1	437	
Ma	8	Soft Ball (Boys and Girls)	5	323	
Nl	10	Tennis (Boys and Girls)	7	138	
Nl	11	Field Hockey (Girls)	7	133	
Nl	12	Soccer (Girls)	7	117	
Nl	13	Basket Ball (Girls)	7	126	

Tumbling and Self-testing Stunts

Boys

Ro	1	Loop Sommersaults	9	285	
Ro	2	Low Horizontal Bar	9	325	
Ro	3	Forward and Backward Roll	9	244	
Ro	4	Series of Cartwheels	9	258	
Ro	5	Backward Jump	9	357	
Ro	6	Hand Grasp Front Somersault	9	293	
Ro	7	Spring Roll Over Back	9	289	

ACTIVITIES FOR THE NINTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
<u>Tumbling and Self-testing Stunts (Cont.)</u>					
Ro	8	Stand Stiff	9	61	
Ro	9	Rope Climb	9	23	
Ro	10	Pyramids	9	414	
Ro	11	Apparatus Stunts	9	295	
Nl	12	Apparatus Work for Boys	7	152	
Girls					
Ro	1	Cartwheels	9	258	
Ro	2	Pyramids	9	414	
Ro	3	Forward and Backward Roll	9	244	
Ro	4	Hand Stand Against Wall	9	65	
Ro	5	Backward Roll to Hand Stand	9	262	
Ro	6	Dive and Roll	9	260	
Ro	7	Double Spring Seat	9	272	
Ro	8	Apparatus Stunts	9	295	
Nl	9	Tumbling and Pyramids	7	41	

TENTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical Nl 1 B 2 Nl 4 S 6 B 5 Bu 3 Nl 5 Nl 7 Nl 7
 Fo 9 S 6 Fo 10 Nl 8 Nl 8 S 6 Fo 11 S 6

High Ma 3 Nl 2 Nl 5 Nl 5 Nl 6 Ma 1 Nl 13 Ma 8 Ba 7
 Organized Nl 10 Nl 12 Nl 12 Ma 1 Nl 14 Nl 9 Ma 8
 Games Nl 11 Ba 4

Stunts
 and
 Tumbling
 (Girls) Nl 15 Nl 15 Nl 15

Stunts
 and
 Tumbling
 (Boys) Nl 14 Nl 14 Nl 14

KEY: Refer to page numbers 79 and 80.

ACTIVITIES FOR THE TENTH GRADE

Author	Activity Number		Reference		Recording
			Book	Page	
<u>Rhythmical Activities</u>					
Nl	1	Chipaneca	7	66	C 36695
B	2	Black Nag	2	17	
Bu	3	Kolomeyka	3	27	
Nl	4	Gay Ranchero	7	62	V 05147
Nl	5	Ching a Ling	7	60	
S	6	Social Dancing			
Nl	7	Modern Dance	7	93	
Nl	8	Tap Dance	7	78	
Fo	9	La Cucaracha	12	43	C 36091
Fo	10	Korobotchka	12	37	C 20287F
Fo	11	Irish Lilt	12	21	V 21616

High Organized Games

Ma	1	Volley Ball (boys and girls)	5	366	
Nl	2	Speed Ball (girls)	7	127	
Ma	3	Touch Football (boys)	5	443	
Ba	4	Soccer (boys)	1	419	
Nl	5	Basket Ball (boys)	7	126	
Nl	6	Boxing and Wrestling (boys)	7	173	
Ba	7	Baseball (boys)	1	437	

ACTIVITIES FOR THE TENTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
<u>High Organized Games (Cont.)</u>					
Ma	8	Soft Ball (boys and girls)	5	323	
Nl	9	Tennis (boys and girls)	7	138	
Nl	10	Field Hockey (girls)	7	133	
Nl	11	Soccer (girls)	7	117	
Nl	12	Basketball (girls)	7	126	
Nl	13	Deck Tennis (boys and girls)	7	146	
Nl	14	Track boys)	7	171	
<u>Tumbling and Stunts</u>					
Nl	15	Apparatus and Pyramids (boys)	7	152	
Nl	16	Tumbling and Pyramids (girls)	7	41	

ELEVENTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Rhythmical	Nl 3 S 4	Nl 2	Nl 3 Fo 5	Fo 7 S 4	Fo 7 Nl 3	Fo 6 S 4	Nl 2	Nl 1	Nl 1
Games of High Organization	Nl 2 Ma 3	Nl 9	Nl 4	Nl 4	Nl 5 Nl 10	Nl 5 Nl 12	Nl 11	Ba 6	Ma 7 Nl 8
Tumbling and Stunts			Rev. tum- bling	Nl 13	Nl 14				

KEY: Refer to page numbers 82 and 83.

ACTIVITIES FOR THE ELEVENTH GRADE

Author	Activity Number		Reference Book	Page	Recording
<u>Rhythmical Activities</u>					
Nl	1	Modern Dance	7	93	
Nl	2	Tap Dance	7	78	
Nl	3	Body Mechanics	7	37	
S	4	Social Dancing			
Fo	5	Tarantella	12	59	C 14316
Fo	6	Swedish Schottische	12	53	C 22132
Fo	7	American Square Dances	12	73	
<u>High Organized Games</u>					
Ma	1	Volley Ball (boys and girls)	5	366	
Nl	2	Speed Ball (girls)	7	127	
Ma	3	Touch Football (boys)	5	443	
Nl	4	Basket Ball (boys)	7	126	
Nl	5	Boxing and Wrestling (boys)	7	173	
Ba	6	Baseball (boys)	1	437	
Ma	7	Soft Ball (boys and girls)	5	323	
Nl	8	Tennis (boys and girls)	7	138	
Nl	9	Field Hockey (girls)	7	133	
Nl	10	Basketball (girls)	7	126	
Nl	11	Track (boys)	7	171	
Nl	12	Deck Tennis (boys and girls)	7	146	

ACTIVITIES FOR THE ELEVENTH GRADE (Cont.)

Author	Activity Number	<u>Tumbling and Stunts</u>	Reference		Recording
Book	Page				
NL	13	Tumbling and Pyramids (boys)	7	204	
NL	14	Tumbling and Pyramids (girls)	7	203	

TWELFTH GRADE ACTIVITY PLACEMENT CHART

Activities: Sept.: Oct. : Nov. : Dec. : Jan. : Feb. : Mar. : Apr. : May

Archery		Nl 1							Nl 1
Badminton			Nl 2	Nl 2	Nl 2				
Boxing						Nl 3	Nl 3		
Softball	Nl 5							Nl 5	
Tennis								Yo 6	Yo 6
Touch football	Nl 7								
Wrestling					Nl 8				
Modern Dance			Nl 9	Nl 9		Nl 9	Nl 9		
Apparatus work			Nit 10	Mit 10	Mit 10	Mit 10			
Camping		14							14
Fishing		15					15		
Hiking	13	13						13	13
Social games					Mit 11	Mit 11			
Swimming		Mit 12						Mit 12	Mit 12
Skiing			16	16					
Marks- manship	Mit 17	Mit 17							
Canoeing		Mit 18						Mit. 18	Mit 18
Bowling					Mit 19	Mit 19	Mit 19		

KEY: Refer to page numbers 85 and 86.

ACTIVITIES FOR THE TWELFTH GRADE

Author	Activity Number		Reference Book	Page	Recording
<u>Elective Program</u>					
Nl	1	Archery	7	145	
Nl	2	Badminton	7	143	
Nl	3	Boxing	7	181	
Yo	4	Golf	10	161	
Nl	5	Soft Ball	7	170	
Yo	6	Tennis	10	224	
Nl	7	Touch Football	7	167	
Nl	8	Wrestling	7	173	
Nl	9	Modern Dance	7	93	
Ro	10	Apparatus and Tumbling	9	167	
Mit	10	Apparatus and Tumbling	11	167	
Mit	11	Social Games	11	414	
Mit	12	Swimming*	11	307	
	13	Hiking [#]			
	14	Camping [#]			
	15	Fishing [#]			

* It will be necessary to conduct swimming classes in the Longview Y.M.C.A.

These activities should be associated with the Kelso Outdoor and Sportsman's Club.

ACTIVITIES FOR THE TWELFTH GRADE (Cont.)

Author	Activity Number		Reference Book	Page	Recording
		<u>Elective Program (Cont.)</u>			
	16	Skiing#			
Mit	17	Marksmanship (pistol, shot gun etc.)	11	239	
Mit	18	Canoeing	11	93	
Mit	19	Bowling	11	69	

These activities should be associated with the Kelso Outdoor and Sportsman's Club.

ACTIVITIES BIBLIOGRAPHY FOR NINTH, TENTH,
ELEVENTH AND TWELFTH GRADES

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Chapter IV

SUMMARY

The purpose of this field study has been to establish a twelve-year required physical education program for the public schools of Kelso, Washington.

The criterion for the program has been formulated from the information obtained during eighteen years personal experience, through interviews with instructors in different departments of the educational field, by a survey of local conditions, and from material attained from authoritative books on physical education.

The program has not been restricted to a few activities, but a wide range has been offered in an attempt to minimize the number of non-participants. Care has been taken not to over-emphasize any one activity, but by providing a variety of games the children will have an opportunity for physical activities that stimulate growth, develop skills, and create desirable mental, emotional and social habits. Through the use of these activities the general and specific objectives of physical education should be attained and spirit given to the game of life.

This proposed physical education program has certain

limitations. A wide survey of the physical education programs of schools of similar size was not made as a source of conclusive evidence. Materials for the actual study of different kinds of physical education programs, their application, and usability was confined to the books available in the college library, and thereby may not comprise a rounded study of the subject. Activities were not segregated to indicate the approximate number of participants for the best possible results. The activities were not separated into lists specifying those most beneficially used on the playground and those best suited to the gymnasium.

The program could be used professionally as a guide for the inexperienced physical education teacher and reference material for the experienced teacher. Activities have been listed for each grade with the reference and directions given for utilizing the activities. The basic theme presented in Chapter II has information concerning the value of specific types of activities; this material could be used beneficially for in-service training classes. In order to create a better understanding of the importance of physical education in child development, this field study might provide valuable material for Parent Teachers' Association

meetings and other school organizations. The activity sheets included in Chapter III might aid the summer recreational instructors by providing them with a variety of appropriate games and assist them in finding instructions for the activities.

Further study and development of this proposed program may be made by the construction of weekly charts in which specific skills of selected activities are given. Moreover, games could be listed signifying their social and recreational value as well as their influence in creating correct mental and emotional habits.

For further study an intra-mural program might be developed which would provide the children of Kelso with wholesome supervised play during recess, noon and after school periods.

The inter-scholastic athletic program of the school should evolve from the intra-mural activity and thereby be based upon the skills, attitudes, and desires of the proposed physical education program as offered in this field study.

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