Physical Education

2. Agility Movements

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AGILITY MOVEMENTS.

Agility exercises or activities are designed for the development and the loosening up of the whole body. In the movements the definite task to be accomplished and the sense of achievement gained on completion provide valuable character training for the child. To achieve success practice is required; the child must be willing to give his or her own time to perfect the activity. The apparatus required is not extensive, and most of it can be improvised.

AGE 8 YEARS.

1. Frog jump. Crouch, with finger support, jump forward and upward, landing each time in crouch position.

2. Rabbit hop. From knees full bend, with hand support, move hands forward, then jump feet up to hands. The hops can be done quickly to get over as much ground as possible, or with hip lifting as in diagram.

3. Monkey run—walking or running on all fours.

4. Bear walk. Shuffle along on all fours, moving the front and the back leg (hand and foot) on the same side together.

5. Caterpillar walk. From crouch position, with finger support, walk forward on hands four or five steps, then, with hands stationary, walk feet up to hands, keeping knees straight.

6. “Angry cats.” Crouch, with finger support, stretch knees (keeping fingers on ground), tuck head into knees, make noises like an angry cat.

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7. Giant strides. At walk, then at run, take longest possible strides, covering as much ground as possible at each stride.

8. Wooden man. Walk or run; raise leg forward, with knee straight and ankle stretched and with arms straight.

9. Frog jump, rabbit hop, etc., from circle to circle.

10. Rabbit hop—sideways over a line or a rope.

11. Crouch jump—sideways over an obstacle. Place hands on one side or on top of a low box or a balancing form and jump feet over.

12. Crouch jump—through a hoop (hoop resting on the ground; later hoop can be raised). More than one hoop may be used.

13. Cat spring. With a spring, the body is thrust forward on to the hands; the legs are lifted into the air. Height or distance in the spring should not be attempted until the children’s arms are sufficiently strong to take the weight of the body.

14. Jump the snake (jump over a rope). One end of the rope is held motionless, while the other end is shaken up and down.
15. Run under a turning rope.


17. Jump to touch a folded newspaper, held approximately 5 feet from the ground, with the top of the head.

18. Skipping. Begin with easy skip jumps (with and without rebound), then include the more difficult jumps—for example, astride jumps, cross-legged jumps, dance steps. In individual skipping the arms should be held as straight as possible so that most of the movement is at the shoulder joint. Turn the rope backward at first and then forward when the maintenance of good posture has been achieved. It is important to use a rope suitable to the child in weight and length.

19. Graded ladder. A ladder should be marked out for each team (see diagram). Children run up the ladder, one foot on each rung, and then spring high to land in the circle at knees full bend. It is advisable to have a helper to assist the landing.

20. Stepping stones. “Stones” are circles, about 2 ft. 6 in. in diameter, drawn on the ground. They may be in line or in zig-zag. Children may either (a) run over them, placing one foot on each stone; (b) skip jump or kangaroo jump from stone to stone; (c) hop from stone to stone; (d) hop, clasping knee, from stone to stone; or (e) with feet together, jump sideways from stone to stone, moving to left, then to right.
21. Tame dog. Hold up one leg, move both hands forward, then hop the "good" leg up to them.

22. Chicken walk. Crouch, grasp ankles, and walk forward.

23. Jumping over small obstacles, about one foot high.

AGE 9 YEARS.

The same movements as for children aged 8 years, but with the following additions:

1. Sideways jumping. With feet together, jump over a marked space.

2. Standing broad jumps. Jump over marked spaces (see pamphlet No. 4, "Jumping and Hurdling"), or jump from circle to circle.

3. Backward broad jumps. Jump over a marked space, or jump from circle to circle. In backward broad jumps, "heel" a line, swing the arms downward and backward, spring backward, lifting the knees to the chest, then shoot the legs back, and the backward momentum will carry the trunk over the feet to balance the body.
4. Standing forward jumps. Jump over a rope (the same movement as for standing broad jump). An effort should be made to gain height rather than distance.

5. Running. Crawl under a rope or a stick, jump a low rope or a stick, run under a turning rope, and "jump the snake."

6. Crouch jump over a space (see "crouch jump" or "rabbit hop" for children aged 8 years).

7. Individual skipping. Each child should have a rope and should practise plain skipping, running with the rope, and crossing the rope.

8. Sideways jumping over a rope, with support from partner. Partners hold each other in wrist grip; the child with hands and arms underneath lifts partner who, with straight arms, jumps upward and sideways to clear the rope.

9. Bounding over a series of low obstacles. The obstacles should be well spaced, so that the children make a series of long jumps from foot to foot. Finish in a marked circle, in crouch, with finger support.

10. Hop, step, and jump (see pamphlet No. 4, "Jumping and Hurdling").

11. Widening creek jump. Two lines are drawn on the ground to represent a gradually widening creek. Children run in a file and jump the creek at its various widths, without getting their feet "wet."

12. Forward roll from crouch. Crouch on the edge of a mat, with the arms forward (see diagram). Place the hands on the mat outside or between the knees, tuck the head well in, and roll over; then stand up, passing through crossed-legged sitting or crook sitting position. It is important to see that the knees remain well drawn up during the roll, and that the back of the neck and not the top of the head comes in contact with the mat. A quick push off with the toes helps the movement, which should be smooth and continuous. (See film strip on Tumbling.)

13. Forward roll from crouch after gentle run. Run gently to mat, crouch, roll, and stand up.
14. Run and jump to touch a ball, suspended approximately 5 feet from the ground, with the top of the head.

15. Fence and ditch jump. Hold a rope near the ground to represent the fence, and draw a line some little distance beyond it to represent the far edge of the ditch. The jumper should aim to clear both fence and ditch and to land easily on one foot or on both feet. As the children become proficient the height of the fence and the width of the ditch may be increased.

16. Elephant walk. With stiff legs, move forward with head nodding and hands on ground in front.

17. Chicken walk. Knees full bend; walk forward, with hands outside thighs and clasped in front of legs below the knees.

18. Lame cat. Assume front support position; with one arm held up, the other is moved forward; and then the back legs are jumped up close to the "foreleg".

19. Limping lion. Place hands and feet on ground, hold up right hand and right foot, and jump left leg up to left hand.

20. Golliwog crawl. Assume front support position, then, keeping legs straight, pull them along by walking with hands out. Body should rest on hands and insteps.

21. Crouch and squat jump (move forward four or five feet each time).

22. Toe-grasp walk. Bend down, bend knees slightly, grasp toes, and walk forward.

AGE 10 YEARS.

1. Jump, with legs parting, to clear a hoop that is bowled along the ground.

2. Forward and backward rolls from crouch. For backward rolls—crouch, with back to mat, place hands on ground in front, then roll back, with knees close to head. Hands are swung over on to the mat,
and as the body rolls over the hands push off the mat and assist the performer to finish in the erect position. (See film strip on Tumbling.)

Figure 1: Starting position for backward roll.

3. Forward roll from run (spring from both feet).

4. Dive from run, roll, and stand up. (See film strip on Tumbling.)

5. Run, dive over low object, roll, and stand up. (See film strip on Tumbling.)

6. Standing high jump. (See pamphlet No. 4, "Jumping and Hurdling ")

7. Leap-frog (preliminary practices). (a) Partner bends forward and places hands on knees. Jumper places hands on back of partner, facing his side. Skip jump three or four times, and jump upwards with legs apart.

Figure 2: Post for leap-frog.

(b) With partner in same position, run forward, jump from both feet, and, with support of partner, jump upward, with legs apart. When a strong upward jump with legs wide apart has been achieved, leap-frog over, that is, from a short run, bounce off two feet, and, with finger support on back of partner and legs wide apart, leap over partner, landing in knees bend position. At first a helper to steady the landing is needed.

8. Jump to "head" a rope held approximately 5 ft. 6 in. from the ground.

9. Jump a low rope. Start with two steps and land in crouch, with finger support.

10. Hop a marked space on either foot.

11. "Jump the moon." Children jump a turning rope.

12. Hand stand, with support (in fours). One child does a hand stand while the others support—two kneel at the sides, and the fourth supports the legs of the child doing the "stand". (See film strip on Tumbling.)
13. Hand stands against a wall. This stunt should be attempted only when the child is confident that he can support the weight of his body. (See film strip on Tumbling.)

14. Upward jump in pairs (same position as for sideways jump with partner support). The jumper should give a couple of preliminary skip jumps, then spring high.

15. Upward jump in threes. Each partner takes a hand of the jumper and also supports an arm at the elbow; the jumper keeps the arms straight and does two or three preliminary skip jumps, a deep knee bend, and then a high spring into the air, assisted by the partners.

16. Rabbit jump. Move from side to side and over a form (same position as for "crouch jump"—age 8 years).

17. Jump a rope (with feet together, take a preliminary skip jump).

18. Spinning top. With arms folded, upward jump, spinning to left or to right. Attempt one or more complete spins before landing.

19. Skin the snake (in file, teams of 10 or more). Each pupil puts his right hand through his legs and grasps the right hand of the boy in front, with his left hand. On signal the last boy lies down on his back, without breaking the chain, and the whole file shuffles backward, each child lying down in turn. Then the last boy to lie down jumps up and runs forward, pulling the "snake" up.

20. Crippled crane. Support balance on hand and opposite foot, then move forward—hand first, then foot.

21. Indian walk. Knees bend, trail back of fingers on ground, and walk forward.
22. Crocodile crawl. Lying, with arm support, walk backward on hands and drag body. There should be about 6 inches, at the hips, between the body and the ground.

23. Crab walk. From support on all fours, with face upward, walk forward, sideways, and backward.

24. Lame lobster (same position as for "crab walk", but with one leg held up). Move supporting leg out, then move hands up. This movement may be done backward.

25. Automaton walk. Walk forward, swinging foot forward, hip high, with leg straight and arms swinging shoulder high.

26. Cross-leg walk. Walk forward, crossing right leg over in front of left leg. Each step should be about a foot forward and two feet sideways.

AGE 11 YEARS.

1. Through vault in threes. Two partners stand side by side, with feet astride, and hold a short stick between them. The jumper takes a short run and vaults through between the partners, taking off from both feet and raising both knees. To aid the vault the jumper rests both hands on partners' shoulders. If the stick is held loosely, with the palms turned forward, a touch will release it.
2. **Leap-frog**—to be performed in the following ways:

(a) wide astride (as for age 10);
(b) using two or more "backs", side by side;
(c) high vault—"backs" bend heads only;
(d) long vault—"frogs" vault to place hands on back of second "back".

![Diagram of "Backs" in position for long vault.]

3. Shoulder stand, boys (see film strip on Tumbling). Partner lies down in crook lying position. Place hands on partner's knees; with straight arms, partner supports shoulders. Throw legs up to balance.

![Diagram of starting position for shoulder stand.]

4. Cart-wheels—one or more wheels from standing position. Place feet astride and arms at midway position, then swing the body right over. Take a short run and turn a succession of cart-wheels.

![Diagram of starting position for cart-wheels.]
5. Tumbling (see film strip on Tumbling)—to be performed in the following ways:—

(a) forward and backward rolls;
(b) forward and backward rolls in pairs ("tanks");
(c) dive over two or more pupils on all fours on edge of mat.

6. Head stands, boys (see film strip on Tumbling). Place hands on mat and head out in front to form a triangle. Slowly throw legs up, while partner holds them. Then try a head stand with wall support and a head stand without support.

7. "Mule kick." Hand stand, then bend legs; snap them back, pushing off hands to regain the standing position.

8. Rocking the dummy. The "dummy" stands between two supporters, one supporter places both hands on the "dummy's" shoulders at the back, the other supporter at the front. The "dummy" then rocks backward and forward on heels and toes, keeping the body perfectly stiff, while the supporters push him gently from one to the other.

9. Wheelbarrows (empty). The "wheeler" grasps the "barrow" under the thighs, while the "barrow" walks forward on both hands.

10. "Through the window" jump (see film strip on Hurdling). Hold one rope high and another low; the jumper hurdles between them.
11. Obstacles (run through ladders, jump spaces, walk lines, etc.).

12. Turtle walk. With feet apart and body very close to floor, hitch right leg up, move right arm out, then hitch left leg up and move left arm. Repeat. Keep body parallel and close to floor.

13. Pin wheel. With right hand support and body and legs straight, walk feet forward, and using hand as a pivot make a circle with feet. Change hands and repeat.


15. Clown's parade. Jump to crouch, with knees bent and arms hanging down; change quickly to feet astride and arms midway stretch. Repeat.

16. Indian walk. With knees bent and back of fingers trailing on ground, walk forward.

17. Toe-touch walk. Lean forward, with legs as straight as possible, and touch toes with hand as leg is walked forward (left hand to left foot). Free hand should be kept on hip.

18. Ankle-grasp hop. Raise left leg, bend down, grasp ankle, and hop forward. Repeat, with opposite foot and hand.


21. Tail kick. Jump off both feet, kick thighs, and then shoot feet forward to land.

23. Under the bridge. Crouch, with feet slightly apart, put hands through legs from rear, and with chalk or stick put marks as far ahead as possible.

24. Shuffle walk. Stand toeing a line, carry right foot around behind left, and place it as far forward as possible. Carry left behind, alongside, and forward of right foot, and so on.

25. Balance kick. Place a small ball of paper at point three foot lengths in front of a line. Stand on one foot on line, attempt to kick paper off point with toe of free foot, without overbalancing forward; arms assist balance, and knee of standing foot may be bent.

26. Forward bend. Place a piece of paper on the floor. Kneel about 12 inches from it, fold arms on chest or clasp them behind back, bend, and pick up paper with mouth, without toppling over.

27. Scout carry. Stand facing partner, grasp his right wrist firmly with left hand, bend down and put right arm between his legs, grasp him tightly around his right thigh, take his right wrist in right hand, stand up, and carry him. The "patient" must be relaxed.

STUNTS.

Stunts should be included in any program of physical education. The sense of achievement that children acquire from participating in them is an incentive to further development. Routine discourages the child since there is nothing to show how far he has advanced. Stunts range from the easy to the difficult. The child must adapt himself to their increasing difficulty.
Moreover, the play element promotes greater interest, as in stunts such as picking up the handkerchief with the teeth, balancing on one knee, climbing a rope, and wrestling a companion. Stunts are valuable for the complete development of the child because they require the use of the big muscle groups and arouse intense interest; they also provide opportunities for the development of physical and mental powers, and help the child to adjust himself as a member of the community.

From the age of 12 years children should be encouraged to try stunts such as those included in the following group:

1. **Trunk Lifting.**—Sit on the floor, with another boy holding the feet. Place the hands at neck rest, with the head bent well back, bend the trunk backward until the head (and the head only) touches the floor, return to a sitting position. Repeat as many times as possible. The exercise is harder when sitting on a chair. Face the back (partner supports the chair), bend back to touch another chair with the head only. This ensures that the back does not touch anything.

2. **Human Ball.**—Take up the crook sitting position, with the feet together, reach the arms under the knees from inside, and lock the fingers over the ankles. Start swaying sideways, then roll on to the thigh and the shoulder, either right or left, keeping the fingers locked and the feet together. Continue the roll over on to the back and so on to the opposite shoulder and thigh, coming up to the sitting position again. In order to get enough momentum to regain the sitting position, impetus must be given by the knee and the shoulder when they strike the floor. In making two complete rolls, the child will describe a circle, bringing up approximately at the starting point.

3. **Knee Dip.**—Stand on the left foot, grasp the right foot behind with the left hand, bend down, with the right arm outstretched for balance, touch the bent knee to the ground lightly, and return to the standing position. Do not touch the ground with any other part of the body.

4. **Picking up the Handkerchief.**—Kneel on one knee, with the other leg and foot entirely off the ground, bend forward and pick up with the teeth a handkerchief that is placed on the ground directly in front of the supporting knee. It is necessary to make the downward movement swiftly.

5. **Through the Stick.**—Grasp an ordinary broom handle or a small round stick with both hands, behind the back, palms facing forward. Bring the stick over the head to a position in front of the body, arms straight and hands still holding the stick. Lift up the right foot, swing it around the right arm and through between the hands from the front over the stick. Crawl through, head first, by raising the stick with the left hand over the head, moving the stick over the right knee and
down the back. Come to an upright position and step back over the stick with the left foot, finishing with the stick still grasped in the hands in front of the body. Reverse this operation by stepping back over the stick with the left foot and moving it over the back in the opposite direction, returning to the original position. Any boy or girl of any age who is the least bit limber can do this stunt.

6. Corkscrew.—Place a piece of paper rolled into a small ball on the outer side of the right foot. Pass the left hand across the body, around the outside of the right leg, then between the legs, and around in front of the right leg, and pick up the paper. Keep the feet on the floor a few inches apart. Repeat, with the paper outside the left foot, using the right hand.

7. Single Knee Bending.—Stand on one foot, raise the other foot out in front, dip to a knee full bend position, with foot extended, using arms to balance, and return to a standing position without touching any other part of the body on the ground. Try this stunt with the heel down, then with it up so that you are rising simply on the ball of the foot. Bend the upper part of the body far forward.

8. Chair Crawl.—Place a handkerchief near the back of the seat of a chair, with a part of it hanging over the right edge. Lie down on your right side on the seat. With head and shoulders in advance, crawl around the back of the chair, attempt to reach far enough around to pick up the handkerchief with the teeth, and return to a sitting position on the chair, without tipping it over or touching the floor.

9. Front Dice.—Stand a piece of cardboard or paper (about 6 inches high) on the floor. Try to pick this up with the teeth—bend forward from a standing position on one foot, stretching the other foot behind for balance. Once the chest strikes the thigh the movement becomes difficult.

10. Stiff-leg Bend.—Place a small object on the floor close against the left heel. Stand with knees perfectly straight, lean forward, grasp right toes with right fingers, and pick up object with left fingers. At no time must knees be allowed to bend.

11. Human Knot.—Hold a round stick or broom handle in front of the chest with both hands, palms facing the floor. Bring the left end of the stick up and under the left arm, turning the left wrist and allowing the stick to slide freely through the right hand and crossing the arms so that the stick is now grasped by the fingers and thumb while the palms are turned to the rear. Put the head through the triangle formed by the stick and the arms so that the right hand is on the left shoulder, the left hand is on the right shoulder, and the stick rests across the back of the neck. Work the stick down over the back, until it is possible to step back over the stick with both feet, and return to the starting position. The movement is reversed by stepping over the stick first.
12. *Jump the Stick.*—Hold a small stick very lightly in the fingers in front of the body. Jump over the stick without letting go of it or touching it with the feet; jump back. Before using the stick jump and raise the knees as high up to the chest as possible; then practise with one leg, and finally try the whole movement. Jumping the stick is mainly a question of snap and of doing the right thing at the right time. This stunt provides good exercise for leg and abdominal muscles.

13. *The Rocking Boat.*—Lie face downward, take hold of the ankles, and attempt to rock the body backward and forward. A rigid backward curve must be made of the chest and abdomen. It is not necessary to do the exercise well at first—the fact that the position is taken up is a good exercise in itself.

14. *Fish Flop.*—Lie on the back, with the hands by the sides, kick the right foot up hard enough to bring the body up on to the right shoulder, and turn over face downward. The body finishes in the prone lying position, with the head pointing in the other direction.

15. *Chair Jump.*—Start with infant room chairs. Stand at the side of the chair, with feet together, and carry the arms downward and backward; then, with a swing, shoot them forward and upward, spring from both feet, lift the knees to the chest, and clear the seat of the chair. Then try jumping the whole chair. Always start the movement facing the chair, so that the back is crossed last. Attempt the movement with a higher chair.