

Expository talk.

The importance of good body action,
and how we can help the nursery school age
children.

First let's briefly see what their problem is.

We have here the figure of a 3 yr. old. We will
give it the bony levers so that we may see them
in their relationship to each other.

Here is the base of the torso - Put in pelvis
Here are the 24 round bones or levers Put in spine
that make up our bony back, Put in skull
and this makes up the column
for the support of the head

This figure could sit but not walk
or stand, so we will put in thigh bones Put in femur

These in turn are supported by the lower ^{leg}
bones and the feet Put in lower leg
" " feet

The shoulders are formed by the
Collar bones, and the shoulder blades Put in clavical
slung over the top. This makes a base for arm action.

As we look at the bony figure
it is easy to see that important points to thigh fulcrum
fulcrums of motion are at the top
of base of the thigh, at the
inner ends of ^{collar bones} base of shoulders " " sternoclav.
and at the base of the spinal " " 5th lumbar
column where the head and
upper body weight should rest.

For good body motion there ~~must~~ needs to
be sufficient power to swing the thigh
forward, to move the shoulder, Pick up thigh
to support and move head. " " arm
Point to 5th l.

The psoas and allied muscles Place Psoas
move the thigh forward (This reads like this)

The subclavine and pectoral
perform similar service for the
shoulder and arm.

The muscles at base of spine

will develop ^{the} muscles controlling these fulcrums.

sitting active

crawling position
feet & hands ^{and} ^{head} ^{and} direct balance and motion through the compound levers to the base fulcrums where action propels body forward.

crawling backward - easiest step
Baby rocks first on thigh - sternal ^{ful.}

development
of the
The spinal muscles is the task
of the baby and as he squirms
and wiggles and rolls they
become strong.

As he picks the proas grow
stronger and when ^{these muscles are} equal to it
he gets on to his knees and
starts the crawling action.

show muscle action

change figures