

# Memoranda Motion

importance of good Body Action  
and how we can help the nursery  
school age. Include youngst.

1. Briefly see what problem is,  
we have two pg. 3. Let's put in lower

2. Let's notice relationship of bones.  
Mechanically call them levers.  
Def. lever is a bar that revolves  
around pt. called fulcrum.  
Some bony levers have restricted  
motion. The places where greatest  
motion are thigh - upper arm &  
Build spine - Base - spine - skull  
Balance arm - c.h. - upper - lower -  
" leg - Base - "

Baby squirming - wriggling 2 spines  
Building spinal muscles  
Base of arm and leg "

Rolling - hitching - inching  
needs firm secure base padding board

3. For good body action there  
needs to be sufficient power

swing thigh forward  
move shoulder Point  
support & move head

MONDAY <sup>depabd.</sup>  
4. The psoas & allied muscles  
move thigh forward flex  
subclavine & pectoral, & allied

TUESDAY  
perform similar service  
for shoulder & arm.

spinal muscles move back

WEDNESDAY  
development of spinal, task of body  
when wriggling and rolling plate spine  
as he finds the psoas grow

THURSDAY  
stronger and when these muscles  
are equal to it he gets on to  
his knees and starts crawling  
action.

FRIDAY change sig.

5. Important area of body to  
be developed that controlling  
thigh fulcrum.

SATURDAY  
this area  
Base of foot - lower back m.  
" " thigh - Psoas - depabd.

SUNDAY " " - latissimus dorsi  
upper abd.

sit sig. up.

# Memoranda

anything good that allows  
one to get back to base  
and free outer end of

lever. Rolling  
Squatting Playing cymbals

jumping

tumbling  
(overadults)

tricycling

bicycling

cartwheel

standing on feet

whatever centers the rotation  
at these fulcrums develops  
the muscles controlling  
these fulcrums

The body weight should be  
controlled as near the inner  
end of the long lever  
as is possible. This means

the development of these  
muscles in these areas,  
such as the psoas for the  
thighs, the muscle aiding  
the sternal-clavicular  
fulcrum - and the lower  
back around base of spine -



Nursery school positions

(dark ink copied before conference  
blue ink " after  
" whose pencilled first { after

Wed. 27  
Apr. 14  
Apr. 25  
Wed 27

squatting  
sitting on heels  
falling

all four  
creeching  
rolling over and over  
" all clasped in arms

squat walk  
jumping forward  
" backward (excellent)  
somersaults forward and backward  
rocking on head  
sliding from heels

cartwheels  
standing on head  
tumbling - hands around knees -  
crawling off elevated structure  
crawling up uneven heights steps  
hanging as a dead weight

Kangaroo jump - frog-lead -  
falling

all four  
creeching

jumping on soft surface is very bad  
tende to make ankles pronate.  
weight fall in center between feet  
should not stand in peoples laps or  
jump on bed.

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jump on bed.



sitting cross legged

lifting

pulling

walking taking hold of hands

(draw us out of center so should not be over done)

padding

rowing

pulling

what of swimming strokes

weak feet - hip or spinal weakness

pulling feet out of clay (straighten feet) & interosseous must

pulling

walking taking hold of hands

not be over done)

Humpty Dumpty sideways  
" " endways

Pony rolls on back

Knock on door

Humpty Dumpty rocks on head

bird picking up worms

kneel like Bunny

slide

Kiss Knees

Smell Knees

roofs

pony backs

pony draws a load



# Teaching children

Parents upright position  
is imagined action for child  
where would child go wrong?

Feet are not wady.

Began developing feet with  
inward rotation of large toe  
at base around axis.

What does this exp. do?

Develop inner line of  
foot - lower leg - thigh -

Front line of spine



Merblitz project

Breath goes with this

Inhalation rhythm up  
grout

Balance head

Begin use of arms

balancing fingers hands  
wrist lower arm - upper  
arm shoulder

As balance arm down

Rolling Dev. of axis body

Lead into crawling

going down back of thigh  
lower leg - little toe

Claviger. - fibula - little toe

Come up front - toe - ankle - front  
of leg - inside & front of thigh  
toe & trunk - under sternum

front of neck - <sup>to</sup> ant. frontals

body alignment

Why are children best to teach?

They bring new to learning

They put movement into their natural activities (daily)

They like the new

They like change

What is change?

Body in movement, Basic



## [Elementary teaching]

Children should be taught value of voice - speech - pronunciation

use of tongue and lips and  
size of jaw angle in projecting  
voice and enunciation

Speech - soft - musical -  
not harsh and irritating

Feeling game

Kinaesthetic sense - movement perception

Bounce mode & Balance weight  
Muscle mode & move Bounce

greatest experience in weaker children  
Have worked more in relaxing lying down

Which can be developed other positions  
sitting standing moving

Picture giving a sense of what  
is taking place

Visualization