

## Posture

I.

- Three units of weight
1. head
  2. ribcase
  3. pelvis

Center of gravity of each should be over center of gravity of unit below. Feet should be parallel so weight of body comes through middle of hip, knee and ankle joint.

Standing position.

Lean against wall, with feet forward. Entire back and back of head rest easily against wall. Push forward till weight is over feet.

Resting position.

Knees up, so spine may lengthen and abdominal muscles relax

## Foot exercises.

Pick up marbles with toes, to strengthen arches.

1. Patrol stands side by side with a marble or pebble on floor in front of each. The girl at the end picks up her marble with her toes and puts in her neighbor's hand. who in turn picks up her marble with her toes and hand both marble to the third girl. The patrol which gets all marbles to the leader first wins.

2. Patrol stands side by side with a pile of marbles in front of each. Each girl is to transfer with her toes her marbles to another spot about a foot away.

## Dog game.

Two lines are formed facing. One line as dogs and must stay on hands and feet, with eyes closed throughout game. The opposite line must crouch down with hands clasping ankles and hop or shuffle through dog line. Dogs attempt to find opponents by listening. If dogs touch hens (or rabbits), latter are dead. Lines reverse parts when all hens are either caught or safe behind dogs. This, among other things, brings the leg muscles into action.

## II

In climbing, bending, lifting, carrying, paddling, chopping etc., try to distribute arm pulls down whole back and use legs to push weight of body rather than ribcase to pull.



II. continued.

Games

Ball

1st

Patrols form in Indian file. Last girl has ball. Everyone bends over. The last girl passes the ball between the legs of the one in front. When the ball reaches the front, leader passes it over her head back down the line. The last girl again starts the ball forward between the next girl's legs, before running to the head of the line. When each girl has in turn been a head girl and is back in own place, the patrol has won.

Stoop race.

Patrols in Indian file. Each girl puts her hands on the shoulder of the one in front and stoops down. The leader may do anything she likes with her hands, but the others must cling to the shoulders in front throughout the race. If the line breaks, it must go back and start over. The object of the race is to pass under a low bar which is very loosely held, without any one in the line either dropping her hands or knocking the stick off its support. The stick should be about ten feet in front of the leader. The trick is for the line to keep in step.

This is excellent exercise for legs and for co-ordination.

Exercises

Leg pivot.

Sit back on heels with arms crossed. Swing both legs to right, then out in front, then to left, then back under body. One should face in same direction at end as at start.

Bear

foot

Walk on all fours, bringing right hand up to right hand, repeat with left after right hand has taken a step forward.

III.

Breathing. Lungs go further down the back than they do down the front so we should think of a deep breath rather than a wide one.

Exercise.

On hands and knees with head down, like cat. Purrr (trill) so vibrations come against small of back. Then arch back at waistline and hiss.

Posture relay.

Posture

Patrols stand in Indian file, numbered from front to back.

Each number represents a point of posture such as,

1. head hanging,
2. stooped back,
3. hips back (sway back),
4. good posture,
5. good relaxation,
6. feet turned out,
7. rigid chest

About three yards in front of each patrol a girl stands. The patrols close their eyes while those in front assume a position showing one of these points of posture. The patrols open their eyes and the girl responsible for the point being shown runs forward and corrects the fault. For numbers 4 and 5, however the girl merely runs forward around the model and back to place. For the right correction the patrol gets 1 point, for being first back to place, another. Each point should be represented twice before adding points to see who wins.

This helps observation, also realisation of what good posture is. It can also be played by one person telling a story, each girl rising and running forward when her point is mentioned.