

He selects some exercise and performs it in time with the tune as sung by the class. When the first verse is sung, the whole class imitate the exercise and repeat the tune, singing merely the syllable *la*. A new pupil then becomes leader, and selects another exercise, and so on.

It will be noticed that the above tune is the same as "Buy a Broom Waltz," and therefore any of the calisthenic exercises previously given may be performed as directed on page 49.

*(See music at end of book.)*

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## THE FROGS.

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### DIRECTIONS FOR ACTION.

The children form a circle with a few of their number in the centre to represent frogs. Those in the centre have to crouch, touching the tips of their fingers to the floor, and jump in accordance with the rhythm of the tune. In jumping, the arms must be thrown above the head. The spring should be made from the toes.

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Hopping like little birds is an excellent exercise. The proper position is shown by the dotted lines on Fig. 2, page 57.

*(See music at end of book.)*