

GYMNASTICS.

FIFTH MOVEMENT. 1, *Hands straight upward.* Let the palms of the hands be seen in front with the points of the thumbs together. 2, *Form a semicircle.* Keep the arms and hands extended and bring them slowly down to touch the feet, without bending the knees, and return slowly to the former position.

SIXTH MOVEMENT. 1, *Right fist to left shoulder.* Extend the left arm in a line with the shoulder. 2, *Left fist to right shoulder.* Throw the right arm in a line with the right shoulder, with the nails towards the ground, then bring the left fist forcibly to the right shoulder.

SEVENTH MOVEMENT. 1, *Right hand shut, and form a circle.* 2, *Left hand shut, and form a circle.* Both hands shut, and form a circle. The arm should be moved backwards and passed up close to the ear as possible and down in front, first slowly, then more swiftly.

NOTE. For the 8th, 9th, and 10th movements all should turn half round (right face).

EIGHTH MOVEMENT. 1, *Arms and hands straight forward.* Extend them forward with the palms of the hands together. 2, *Hands backward.* Throw them apart forcibly in a horizontal direction bringing the backs of the hands as near together as possible, behind.

NINTH MOVEMENT. 1, *Extend the hands forward the backs touching.* 2, *Swing them backward till the palms touch behind as near as possible.*

TENTH MOVEMENT. 1, *Position.* 2, *Form a circle.* Open the hands then raise the arms sideways and touch the backs of the hands over the head.

WALKING EXERCISES.

FIRST MOVEMENT. 1, *Position.* 2, *The walking step,* RIGHT foot, LEFT foot. Raise the foot in front, keeping the knee and instep straight and the toe bent to the ground.