

4. *Marching with Hand Clapping or Stamping*.—This is used to get the correct rhythm in marching. Example: "with hand clapping (stamping) on every 3rd (5th) pace, quick—march!" or, "with four ordinary paces, then four with hand clapping (stamping), quick—march!"

5. *Giants and Dwarfs*.—"Giants and dwarfs, quick—march!" Four steps on the toes with the arms stretched above the head, then four steps with knees bent and hands on the hips.

6. *Seven League Boots*.—Start from one side of the hall and go to the other with the least possible number of steps, each step a jump, the arms swinging alternately forward and backward, body inclined forward.

7. *Crow Hop*.—Heels raise and knees bend as far as they will go. Keep the back quite straight. Then hop forward with both feet together. At first only one hop at a time, later 2 or 3 hops in succession; finally several hops, but the children should stop before they become breathless. The children can also hop round each other in pairs, or round in a ring holding hands.

8. *Sending up a Sky-rocket*.—The children form a ring round the teacher and imitate what he does. The sparking, whirling, fizzing, shooting up of the rocket, and the bursting of the stars are imitated as follows:—*The Sparking* by clapping the hands lightly together and making a popping noise with the lips. First slowly and then faster and faster. *The Whirling and Fizzing*.—Place the right hand in front of the mouth, give it a rotary movement, and make a fizzing noise by blowing through the fingers. This gets quicker and louder until the rocket is ready to go up. When *the Rocket goes up*, stretch the right arm upwards and accompany the movement with a loud "sh . . ." followed by a long drawn-out "hurrah!" *The Stars Burst*. Then every one raises the hands and snaps the finger and thumb of each hand alternately to represent the stars bursting. The different parts follow immediately on each other