

3

LET US MAKE OUR MOVEMENTS EASY AND GRACEFUL

You have already learnt about rhythm in grade 6. You learnt that rhythm is a series of movements done to rhyme and time. When we talk about rhythm, your thoughts go directly to a song or dance because rhythm is heard, seen and evidently felt. In drill display you had at your sportsmeet, all the children displayed exercises to rhythm. If you were a participant, during practice you would have experienced that you had to practise those exercises to a rhythm and the movements were limited to the time of the rhythm. If you take even a second more than the time for that rhythm your movement would go wrong and you lose your tempo and the teacher would have shouted at you for not doing your exercise along with the others. Your movement/exercise was wrong because

- You were slow and did not move to the speed of the rhythm or
- You moved faster than the limit of that exercise

What have you learnt from this experience ? That you must keep to the rhythm to avoid unnecessary movements. You should realize that rhythm makes you move correctly using only the group of muscles needed for that movement. Necessary movements prevent you from using extra muscles, and waste of energy. The result being less fatigue. This training of using the group of muscles needed for a certain movement to a needed speed will assist you to;

- perform your daily tasks effectively, attractively.
- maintain your posture during movements.
- save energy to engage in movements for a longer time.

How does this happen.

Rhythmic movements performed in school in the morning, during your fitness programme or your dancing lessons, your daily physical education lessons, your training for games or athletics will train you to use a particular group or groups of muscles for a particular exercise or skill. Do you know without your knowledge, important processes take place inside your body? The nervous system, the muscular system and the skeletal system, co-ordinate to make you perform these movements accurately. The digestive system, the respiratory system and the circulatory system assist by, providing the raw materials (glucose and oxygen etc.) for this wonderful co-ordinating ability in you.

You will learn in detail in your science lesson or your physical education lessons in future about these fantastic processes.

In most of the times this co-ordination in movement happens automatically just as the other functions in the body. From infancy upto now, think of the various movements you have done. Most of the movements are natural and have developed with growth to meet the demands of the daily tasks. No one taught you these natural movements. Man is born to move, use hands, limbs and body to move for various purposes. Then why should you train to improve? Training teaches you the correct techniques of movement. As you grow up you may want to use your hands, feet and body running, walking, throwing, jumping and many other movements, apart from the normal natural movements. Hence,

The body must be ready to meet the demands.

By improving the co-ordination you develop and achieve

- properties of muscles elasticity.
- balance and posture of the body
- proper utilization of energy systems
- fun and enjoyment

When your muscles are engaged in an activity they get accustomed to that set of movements so that after any work, you do, you will not have aches and pains. Remember the first day you batted a

ball when you were playing with your friends, you could not get the ball to the bat and your hands, shoulders and the sides were painful. Why ? It was because your muscles did not used to the activity well and were not accustomed to the movement. But as you went on, you became very clever. There was no pain at all after, and you were able to play for a longer time.

The following set of activities to improve co-ordination can be divided into four parts.

- Activities of arm stretching along with the 7 types of rhythmic leg movements.
- Activities performed by integrating jumps and rotation in various ways.
- Activities performed to the rhythm of music.
- Arm stretching activities with the 7 types of leg movement to 8 beat music.

Activities of arm stretching along with the 7 types of rhythmic leg movements.

- | | |
|-------------------|----------------|
| (1) March. | (2) Jog. |
| (3) Skip. | (4) Knee lift. |
| (5) Kick. | (6) Lunge. |
| (7) Jumping jack. | |

(1) March with stretched arms (Fig.3. 1)

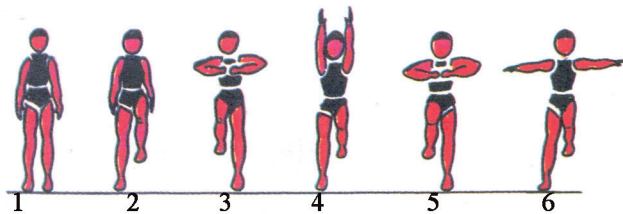


Fig. 3.1

- Stand at attention.(1)
- Bend the left and the right legs alternatively at the knees and march. (2)
Mark time to 2 beats.
- Bring both hands towards the chest (3)

- At the second beat raise hands up. (4)
- At the third beat move hands down on the chest. (5)
- At the fourth beat hands stretched sideways. (6)
- Do this exercise continuously (see fig 3.1)

(2) Jog (Fig.3. 2)

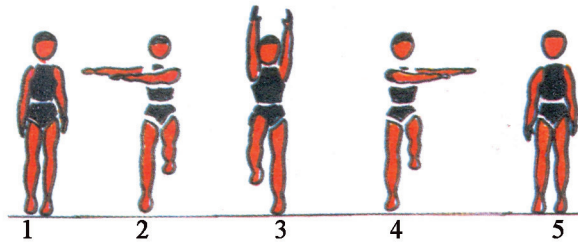


Fig. 3.2

- Stand at attention. (1)
- Run on the spot, stretch the hands to the right side parallel to the ground while jogging. (2)
- At beat two, raise the hands. (3)
- At beat three, stretch the hands to the left side. (4)
- At beat four, stretch the hands to the right side.
- Repeat the above steps for next 4 beats starting with hands at the left side.
- Repeat this several times

(3) Skip with stretched hands (Fig.3. 3)

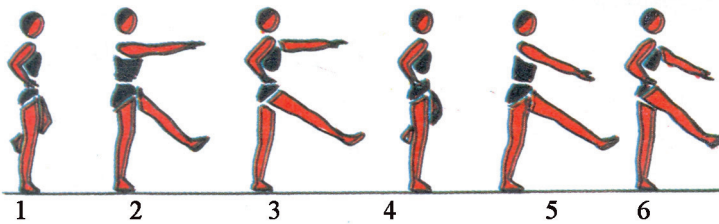


Fig. 3.3

- Keep hands On hips. (1)
- Stretch the left leg in front and stretch the right hand in front, parallel to the ground. (2)
- Stretch the right leg in front and stretch the left hand in front parallel to the ground. (3)
- Do this exercise to four beats.
- To 3rd and 4th beats repeat the task for both legs again.

(4) Knee lift with arm stretching (Fig. 3.4)

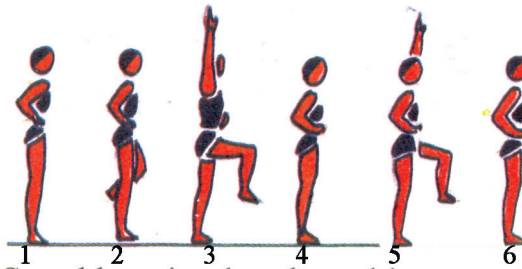


Fig. 3.4

- Stand keeping hands on hips (1)
- To the first beat, raise the right knee up along with the right hand. (2)
- To the second beat, put the right leg down and bring the right hand on to the stomach. (3)
- To the third beat, raise the left leg and the left hand. (4)
- To the fourth beat, put the left leg down and bring the left hand on to the stomach. (5)
- Repeat this several times to the beat / rhythm.

(5) Kick with arm stretching (Fig. 3.5)

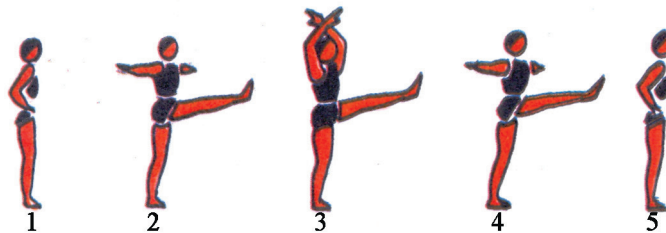


Fig. 3.5

- Stand keeping hands on hips
- Skip raising the left leg without bending knees (see illustration) and stretch hands side ways to a rhythm. (2)
- Raise hands and cross them over the head. (3)
- Stretch hands sideways. (4)
- Stand with hands on hips (5)
- Repeat this several times kicking the legs left and right alternatively and stretch hands side, cross, over the head and side again.

(6) Lunge with stretching hands (Fig. 3.6)

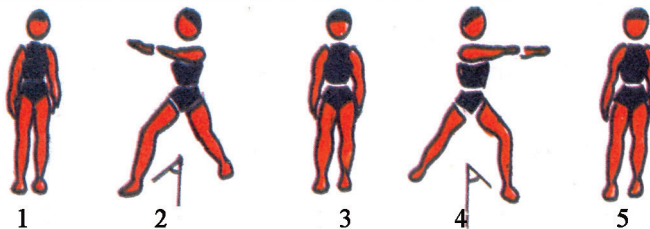


Fig. 3.6

- Stand at attention (1)
- Jump up to keep the right foot at an angle of 45° and the left leg back in alignment to the right. Stretch the hands forward parallel to the ground. The left leg should be straight. (2)
- Jump to starting position. (3)
- Jump to keep the left leg at 45° and the right back and stretch the hands forward. (4)
- Return to starting position (5)
- Repeat this to a rhythm or a beat

(7) Jumping jacks with arms stretching (Fig.3. 7)

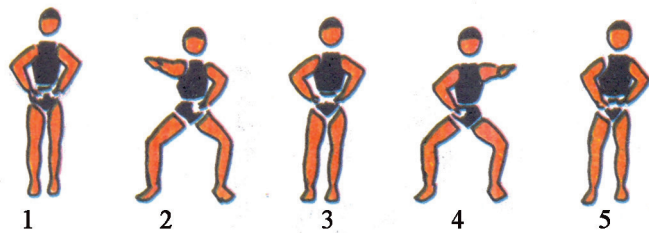


Fig. 3.7

- Stand keeping hands on hips.
- Jump up and land with feet apart, knees slightly bent.
- Stretch right hand and forward parallel to the ground with the knees and toes at an angle of 45° .
- Jump to the starting position with hands on hips.
- Repeat this to rhythm, starting with hands at the left side

Activity 3.1

Perform the above activities to a rhythm in groups. Experience the fun and enjoyment when you perform in groups. Appoint a leader to give the commands. First practise one by one and then do it continuously. Do each exercise to 16 counts or more as you wish. Sing a song to give you the beat if there is no music.

Activities performed by integrating jumps and rotation in varied ways.

- (1) March and leap jump.
- (2) March and cart wheel.
- (3) Jog with tuck jump.
- (4) Jog with a full turn jump.
- (5) Knee lift with cat leap jump.
- (6) Forward roll with knee lift
- (7) Skip with scissor jump.
- (8) Skip with cart wheel.
- (9) Kick with star jump.
- (10) Forward roll with kick
- (11) Lunge with tuck jump
- (12) Backward roll with lunge
- (13) Jumping jack with tuck jump
- (14) Jumping jack with jump half turn.

(1) March and leap jump (Fig. 3. 8)



Fig 3.8

- March - Mark time - keep the weak foot in front, jump up and stretch the strong foot and stretch hands side ways and weak foot back.
- As you land on the strong foot keep the weak foot in front of the strong foot and control the body.

(2) March and cart wheel (Fig. 3. 9)

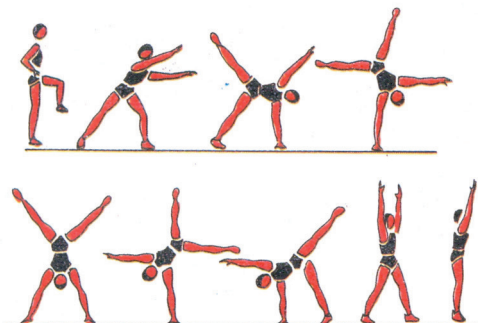


Fig. 3.9

- Mark time and stretch left leg.
- Keep it on the ground and lift the right leg, at the same time.
- keep the left hand on the ground and then the right. Lift the right leg too and stand on hands.
- Turn your body as wheel it forward and keep the latter leg first and then the next and stand up.
- The body should rotate sideways.

(3) Jog with tuck jump (Fig. 3. 10)



Fig. 3.10

- Jog on the spot kicking the feet back and then jump up moving knees towards the chest and raising hands up. Land on legs and come to the starting position.

(4) Jog with a full turn jump (Fig. 3. 11)



Fig. 3.11

- Jog on the spot. Jump up bringing hands to the chest and do a full turn in the air.
- Stretch your hands and bend knees slightly to balance the body when you landing.
- Stand with raised hands over the head.

(5) Knee lift with cat leap jump (Fig. 3. 12)



Fig. 3.12

- Skip with hands on hips and knee lift.

- Stretch hands, bend the knees of the weak leg, jump up, raise knees of the strong leg. As you bring it down raise the weak leg.
- Land on the strong leg, keep the weak leg in front and with stretching hands balance the body.

(6) Forward roll with knee lift (Fig. 3. 13)

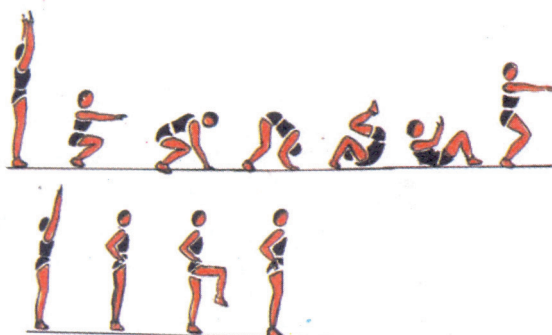


Fig. 3.13

- Stand with raised hands.
- Bend knees and sit on the toes keeping hands stretched forward and parallel to the floor.
- Lean forward and, keep palms on the floor.
- Raise the buttocks and the feet, transfer the body weight gradually to the palms.
- Without touching the ground with the head, keep the area between back of the shoulders on the ground tucking the head inside.
- Sit on the foot with full bending of hip and knees turning the body clock wise.
- Stand with raised hands.
- Raise the body and stand on your feet.
- Continue skipping.

(7) Skip with scissor jump (Fig. 3. 14)

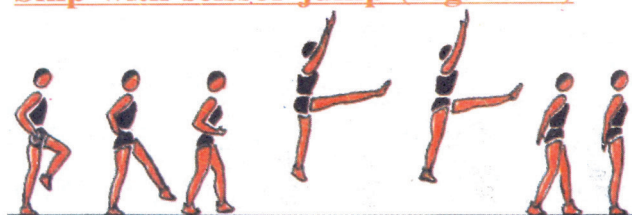


Fig. 3.14

- Skip stretching weak leg in front.
- Keep on skipping stretching the legs forward alternatively.
- Take off from the strong leg, raise the weak leg and jump and keep the weak leg and then the strong leg.

(8) Skip with cart wheel (Fig. 3. 15)

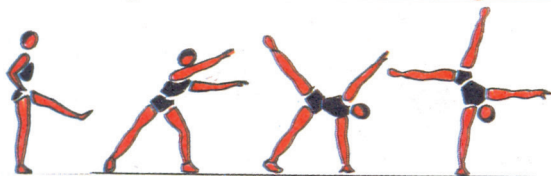
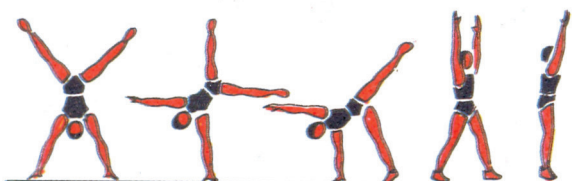


Fig. 3.15



- Skip with hands on hips.
- Go down with palms on the ground.
- Do a cartwheel and up and skip.

(9) Kick with star jump (Fig. 3. 16)



Fig. 3.16

- Skip with hands on hips.
- Jump into the air.
- Hands - stretch sideways.
- Take off from either leg.
- Land with hands stretched sideways knees slightly bend balancing the body.

(10) Forward roll with kick (Fig. 3. 17)



Fig. 3.17

- Stand with hands raised up.
- Do a forward roll as explained in (6).
- Alternatively raise the left and the right leg without bending knees, up to the level of hips.

(11) Lunge with tuck jump (Fig. 3. 18)

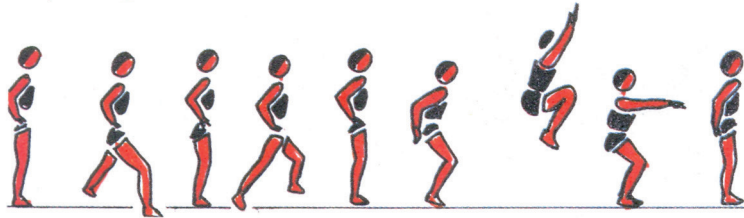


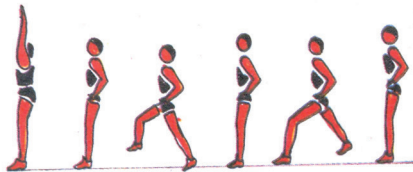
Fig. 3.18

- Stand with hands on hips
- Jump up and keep the right leg forward at an angle of about 45°.
- Keep the left leg back along the diagonal line.
- Bend right knee and transfer the body weight on the right leg. Keep left leg straight.
- Jump up and come back to the starting position.
- Jump up again to keep the left leg at an angle of 45°, with the right leg straight, at a diagonal line.
- Jump up to come back to the standing position.
- As you come back from the lunge position to the standing position do a tuck jump.
- The activity would be lunge to the left. Back to position-tuck jump-lunge to the right - back to position - tuck jump and back to position.

(12) Backward roll with lunge (Fig. 3. 19)



Fig. 3.19



- Stand with hands raised over the head.
- Stretch hands in front as parallel to the floor.
- Sit on the toes with full bending of knees and hips.
- Touch the ground with the back of the area between shoulders.
- Take the hands over the shoulders to the back and keep the

palms on the floor.

- Transfer the body weight on the hands.
- Press the palms on the ground and raise the trunk and the feet with bent knees and turn over anti-clockwise.
- Land on the toes and stand on the toes.
- Jump up with either leg keeping slightly in front so that balance the position of the body. Raise hands up.
- Keep hands on hips.
- Jump up keep the right leg in front at an angle of 45° and left leg back. Turn the trunk to the right about 45° .
- Come back to standing position.
- Repeat the activity with the left leg in front.
- Come back to starting position.
- Repeat the whole exercise several times.

(13) Jumping jack with tuck jump (Fig. 3. 20)



Fig. 3.20

- Stand keeping hands on hips.
- Jump up and land on both feet keeping them apart on the ground with slightly bent knees.
- Open out the knees and feet to 45° .
- Jump up to come to starting position. As you reaching the starting position bend knees in front raise the hands up.
- Land on feet with slightly bent knees and at last stretch the knees.
- Repeat this exercise several times.

(14) Jumping jack with jump half turn (Fig. 3. 21)



Fig. 3.21

- Stand keeping hands on hips and jump up.
- Raise feet up and apart-bend knees and land on both feet.
- As you land, the knees and toes open out 45°.
- Come to starting position.
- Bend knees, hands bent, take them back and up.
- When you jump bring hands to the chest, body straight, half turn.
- When landing bend knees slightly, stretch hands side ways.
- Come to starting position.
- Repeat this excercise several times

Activity 3.2

Practise these excercises in your groups. Correct each other's mistakes. Learn to do the excercises to a rhythm.

Activities done to music.

Find some music with a suitable beat of a drum or cymbal or any other organ or a song. Do a set of activities to the beat. Experience the fun.

You must have seen now various forms of movement done to music. Aerobic exercises are very popular. Do these exercises non-stop and experience the wonder of healthy fatigue.