

Notes from Touch the Earth, Gently by Alan Whitehead

|                            | First                   | Second                    | Third                                                 | Fourth                                      | Fifth                          | Sixth                                                 | Seventh                                           |
|----------------------------|-------------------------|---------------------------|-------------------------------------------------------|---------------------------------------------|--------------------------------|-------------------------------------------------------|---------------------------------------------------|
|                            | 7 year old              | 8 year old                | 9 year old                                            | 10 year old                                 | 11 year old                    | 12 year old                                           | 13 year old                                       |
| Water Games<br>p.18        | learn to swim           | learn to dive             | water survival;<br>rescue techniques<br>and first aid | swimming games,<br>synchronized<br>swimming | surfing                        | inland water skills                                   | boating                                           |
| Ball Games<br>p.30         | circular ball games     | linear ball games         | two dimensional<br>ball games                         | three dimensional<br>ball games             | hitting games                  | kicking games                                         | cricket                                           |
| Bush Games<br>p.40         | hiding                  | exploring                 | bush skills                                           | horseriding                                 | pursuit games                  | carving and rock<br>climbing                          | orienteering/<br>survival                         |
| Field Games<br>p.41        | chasing games           | skipping                  | kites and other<br>flying craft                       | form games,<br>obstacle races               | greek gymnastics               | track and field,<br>running races up<br>to 400 meters | cross country<br>skiiing, running,<br>and walking |
| Indoor Games<br>p.43       | floor games             | wall games                | roller skating                                        | ice skating                                 | indoor acrobatics,<br>mat work | ten pin bowling                                       | squash                                            |
| Equipment<br>Games<br>p.44 | sliding and<br>swinging | balancing and<br>climbing | trampoline, mini<br>golf                              | pool, table tennis                          | bike riding,<br>skateboarding  | circus games                                          | archery                                           |
| Creative<br>Games<br>p.15  |                         |                           |                                                       |                                             |                                |                                                       |                                                   |