

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