

Movement Curriculum for Waldorf Schools

	1	2	3	4	5	6	7	8	9	10	11	12	Presentations
Bothmer Gymnastics*			First Rondelay	Second Rondelay	Third Rondelay, Light Beat Rhythm The Spear	Rods, Triangles, The Archer, Heavy Beat	Jump To The Middle Point, Circling with Rods, Leaps	The Rhythm, Fall Into Space, Power Triangle	Fall to the Point (The Traveller), The Plunge, Power Triangle	The Balance, The Scales, The Discus	The Great Width, The Spear, Arabian	Dome of Three Circles, The Cross	Pedagogical Assemblies
Classical Games and Sports	HandClapping Games, String Games, Jump Rope	HandClapping Games, String Games, Jump Rope	Tag, HandClapping Games, String Games, Jump Rope	Ball Games, Running Games	Wrestling, Javelin, Running, Jumping Discus	Archery, Fencing with Staves	Track and Field, including Long Jump, Standing Javelin Throw, Discus	Track and Field, including Long Run, Shot Put, Long Jump, Running Javelin Throw, Turning Discus Hurl	Wrestling from many cultures	Javelin, Discus, Running, Jumping	Classical Fencing: Foil	Archery	Tournaments Grades 5 through 8
Gymnastics	Rolling, Hand Stands	Rolling, Tumbling, Hand Stands, Cartwheels	Vaulting, Rolling, Tumbling, Handstands, Cartwheels	Vaulting, Rolling, Tumbling, Handstands, Cartwheels	Handsprings, Vaulting, Rolling, Tumbling, Handstands, Cartwheels	Acrobatics with Partner and in Groups	Juggling	Juggling, Circus Theatre					"Uffe The Gnome" Circus Theatre
Dance	Circle Dances	Play Party Dances, MayPole Dances	Folk Dances, May Pole Dances, Israeli Folk Dance	California Folk Dances of Native Americans, Spanish and Mexican, International Folk Dances	Square Dances, American Folk Dances	Morris Dances with Sticks and Swords	Medieval and Renaissance Dances	English Country Dances, Polka	American Social Dances of 1850s to 1930.	Swing Dances	Latin Dances, Dance for Musical Theatre. Modern Dance	Latin Dances, Dance for Musical Theatre. Modern Dance	"Dancing Through the Ages", All School Musical
Pedagogical Games, Playground and Field Games	Catch, Monkey in the Middle, Hopscotch, Freeze Tag	Catch, Monkey in the Middle, Hopscotch, Freeze Tag, Marbles	Chinese Jumprope	Capture the Flag, Softball, Double Dutch Jumprope	SpaceBall, Capture the Flag, Softball, DodgeBall	DodgeBall, LongBase, SpaceBall, Capture the Flag, Softball,	KickBall, Basketball, LongBase, SpaceBall, Capture the Flag, Softball,	KickBall, Basketball, SpaceBall, Hockey, Softball, Capture the Flag	Flag Football, Soccer, SpaceBall, Hockey	Flag Football, Soccer, SpaceBall, Hockey	Flag Football, Soccer, SpaceBall, Hockey	Flag Football, Soccer, SpaceBall, Hockey	Michelmas Games, May Field Day
Net Ball Games		StarBall	Popcorn, Poison	Prisoner	Newcombe	Newcombe	VolleyBall	Volleyball	Volleyball	Volleyball, Badminton, PrellBall, Inca Volleyball	Tennis, Volleyball, Badminton	Tennis, Volleyball, Badminton	Intra-Waldorf Tournaments
Outdoor Education	Nature Walks	Nature Walks	Farming, Gardening	Local Geography	Regional Geography	Archery	Orienteering, Hiking	Ropes Course, Rafting	Rock Climbing, Hiking	Sailing, Hiking	Orienteering, BackPacking, Wilderness Survival	Backpacking, Wilderness Survival, Vision Quest Three-Day Solo	Class Trips
Extra-Curricular Movement and Athletics	Games, Swimming in Day Care	Games, Swimming and Circus in Day Care	Games, Swimming and Circus in Day Care	Games, Swimming and Circus in Day Care	Games, Swimming and Circus in Day Care	Boys BasketBall	Girls Volleyball, Boys Basketball	Girls Volleyball, Boys Basketball, CoEd Track	Basketball, Volleyball, Baseball, Track and Field, Soccer, Sailing Club	Basketball, Volleyball, Baseball, Track and Field, Soccer, Sailing Club	Basketball, Volleyball, Baseball, Track and Field, Soccer, Sailing Club	Basketball, Volleyball, Baseball, Track and Field, Soccer, Sailing Club	Bay Counties League of California Interscholastic Federation (CIF)

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Note: This schema is cookbook of recipes that I have found appropriate for my students over fifteen years of teaching. Some activities vary from year to year, according to my intuition about the particular class I am working with. In general, however, these are the progressions I work with.

*There are many wonderful exercises from Bothmer Gymnastics for children in grades three and up. These are the exercises I work with most regularly, usually as a small part of every lesson, no matter what the theme.