Swedish Drill Revisited II

Moving From The Basics To More Advanced Routines

Sample

Dawn Duran, PT, MHS

Dawn Duran
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Disclaimers

No program of exercise is without risk, and that applies to the program outlined in Swedish Drill Revisited II. If the recommended movements are performed improperly, phy... may result. Therefore, if you or your children perform the exercises described in ... eBo... you agree to do so at your own risk and discharge the author from ... and all ... liaim... The instruction and advice provided in this eBook are not a substi... person... ultati... with a health care professional.

Purchasing this manual implies a single-user agreement. You may utilize t... nts within the context of a single-family home school. If you would like ... rate t... gram into a co-operative learning setting (i.e., a co-op), then all particip... must p...chase the manual for home use: copies may not be made and ha... ut to pa... nts.

Finally, when referring to a person I have chosen to refere... plicity's sake, but I do mean he or she. This choice is not intended to ... and I a... e your understanding.

About the author

Dawn Duran is a licensed physical the... a Mas... Health S...ences degree and nearly 20 years of clinical experience in the ... becom...g a physical therapist, Dawn was a Division I collegiate volleyball p... nd upo... ation she became a Certified Strength and Conditioning Specialist (CSC... dition, ...wn completed extensive training to obtain Stott Pilates Rehabilitation certificat... used this knowledge both in clinical practice and as a fitness instructor. D... mitte... ying current in her field of expertise, and this project was adopte... th t... f upd...ting Swedish Drill using modern health science principles.

F... e author

...goal for t... proje... o represent Swedish Drill with 100% fidelity to the way it was ...practi... ay – or even as it may have been practiced in Charlotte Mason's schools. ...go... take something we know Charlotte Mason respected, appreciated, and ...d, improv... sing modern health science principles, and make it accessible for the "every m..." ...plement in his or her home school. Considering how forward-thinking Charl... n was in the area of health and wellness, I have no doubt she would approve of these adaptations if she were alive today.

I hope you'll enjoy this adaptation of Swedish Drill! Feel free to contact me anytime at Dawn@SwedishDrill.com.

Sample

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Table of Contents

Disclaimers 2
About the author 2
From the author 2
Table of Contents 3
Part I - Introduction 4
Why Swedish Drill? 4
Is there a required order of movements in a Swedish Drill routine? 6
What does a typical Swedish Drill lesson look like? 7
Marching 7
How are new movements taught? 8
A reminder about incorporating new movem... into a r... 8
The importance of good physical habits. 8
Preventing faulty movement patterns 10
Drill commands 11
Music: yea or nay? 12
Progressing Swedish Drill 13
Crossing Midline: Wh... why it ... le, and how to accomplish it 16
Part II - Routines 20
Routine option 20
... option 2 40
...ching Dir...tions 58
...ea... 60
..., Routi... 60
Level ... Ro... 2 61
Refe... 62
Audio Files 63
Flash Cards 65

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Marching directions, continued.

About face:

To the left about – face! 1, 2.

OR

To the right about – face! 1, 2.

Facing to the left and right involves a 90 degree turn, whereas about face involves a 180 degree turn.

This link will take you to a video that shows facing, marching and halting.

This link will take you to a video that shows facing and marching in a group.

NOTE:

Note that these are imperfect, and the commands are not always followed with perfect execution of the desired movement. However, I am sharing these videos to give you a sense of what it can look like with a multi-age group, and I hope that you find them helpful.

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