

## Second part

### «Dancings motions and exercises are an effective mean of warning and removal of defects of carriage».

Anatomo-fiziologicheskie features in development of children 6 – 17 summer age.

Knowledge of anatomo-fiziologicheskie features in development of children 6 – 17 summer age, will help more easy to understand to give the examined theme and will arm teachers and parents in the problem of vicious carriage.

Junior age 6 – 10 years. The organism of child intensively grows and develops. For a year long bodies increased on the average on 4 – 5 see, mass – on 2 – 3 kilograms, circumference of pectoral клетки – on 2 – 3 centimetres. To 10 years boys and girls grow approximately identically. But growth of boys, since 7 years, is increased in a greater measure due to length of feet, and girls – for an account trunks are long.

#### Middle indexes of development of children

Polovozrastnaya group	Growth in centimetre	Mass in kilogram	Circumference of breast in centimetres	Vital capacity lights of всантиметрах cube (see <sup>3</sup> )
Boys	114	20	57	-
Devoch'ki 6 age	112	19	56	-
Boys	123	24	58	1552
Devoch'ki 7 age	123	24	58	1498
Boys	125	26	60	1670
Devoch'ki 8 age	124	25	60	1509
Boys	129	28	62	1746
Devoch'ki 9 age	129	28	63	1578
Boys	134	31	65	1983
Devoch'ki 10 age	135	31	65	1710
Boys	142	37	67	2281
Devoch'ki 11 age	143	36	67	2044
Boys	146	39	68	2659
Devoch'ki 12 age	149	41	72	2314
Boys	153	44	72	2841
Devoch'ki 13 age	156	47	76	2613
Boys	162	52	76	3260
Devoch'ki 14 age	159	52	79	2833

Boys	168	58	82	3860
Devoch'ki 15 age	159	54	81	3228
Boys	172	62	85	3904
Devoch'ki 16 age	161	56	82	3099
Boys	176	65	86	4261
Devoch'ki 17 age	162	60	85	3370

A skeletogeny proceeds in 6 – 10 years. A spine saves very large flexibility, especially in a pectoral department. The characteristic bends of spine, in this period, continue to be formed. Bones of pelvis to 7 only begin to accrete and their displacement can happen at sharp concussions. Therefore it does not follow children to give exercise with the sharp concussion of body, jumps from a large height, especially on a hard surface.

Active development of musculature begins to 8 – 10. But growth of мышечных fibres takes a place not evenly. The muscles of feet develop quick, than muscles of hands, and muscles-extensor – quick, than muscles- flexor.

Shallow muscles (for example, brushes) develop later. Therefore the children of this age hardness master exact motions hands.

In age 7 - 10 years there is speed-up development of motive analyzer in a cortex. At the same time the vegetative systems fall behind in development from the motive function of organism. As far as growth of child there is economizer of work of cardiac muscle (myocard) vascular system and respiratory are the systems.

Functional indexes of the сердечно-сосудистой and respiratory systems for children 6 -10 summer age.

Half and age of groups	Arteriotony, millimetres of mercury post	Frequency of reductions of heart Shots in minutes		Breathing frequency Respiratory cycles in minutes	
		максим.	миним.		
Boys Devoch'ki 6 - 7 age		89 – 90	44	92 – 93	22
		85 - 89	42 – 43	94 - 95	23
Boys Devoch'ki 8 - 9 age		90 – 91	44	91 – 93	21 - 22
		89 - 92	43 – 45	94 - 95	21 - 23
Boys		92 – 94	48	89 – 90	21 -22

Devoch'ki 10 - 11 age	92 - 94	45 - 46	92 - 93	21
Boys	95 - 98	49	86 - 91	19 - 20
Devoch'ki 12 - 13 age	96 - 103	54 - 55	89 - 90	19 - 21
Boys are youths	103 - 110	55 - 58	84	18 - 19
Devoch'ki are girls 14 - 15 age	105	57 - 59	88 - 89	18
Boys are youths	114 - 115	64 - 66	79 - 80	18
Devoch'ki are girls 16 - 17 age	111	64	82 - 83	18

Not looking on that the heart of child and breathing organs comparatively easily adapt to loadings and quickly restore the capacity, exhausting physical exercises can become reason of violation of rhythm of reduction of heart, changes of pisesis. Therefore rational loadings, alternation them with rest, raising of the correct rhythmic breathing is obligatory requirements during the leadthrough of employments.

Middle ages 11 - 14 years (juvenile). At this time an organism suffers very substantial morphological and functional changes, consilient with beginning (for boys) and first half (for girls) of period of pubescence.

Teenagers have intensive growth of body in length, attended with the increase of mass of body. Girls, at which the period of pubescence begins before, than for boys, outstrip them to on to many to the indexes of physical development.

For the children of this age mass of muscles is considerably increased. Muscles on the properties little differ from the muscles of the grown man. Simultaneously with the increase of volume of muscular fabric for teenagers force of muscles is increased. Thus for boys force, both absolute and relative (in a count on 1 kg of mass of body) increased considerably quick, than for girls. To 12 - 13 for girls force of muscles goes down in relation to mass. In this connection on reading with them it is necessary especially strictly to measure out exercise in overcoming of resistance, raising of load.

Forming of bone skeleton is not yet finished in this age. Complete accretion of bones is completed to 16 - 17. A spine continues to remain flexible, and the weakness of musculature, circumferential him, does a rachis liable curvatures.

Hasty growth of body in length at the unset forms of spine negatively influences on the carriage of schoolboys, therefore in teens the special attention is necessary to be spared exercises on forming of correct carriage.

An age-dependent period is 11 - 14 years characterized perfection of vegetative organs and systems of organism. Continue to develop cardiac vascular and respiratory systems.

Teenagers easily enough adapt to the set work, but comparatively tired quickly, especially, when execute monotonous, monotonous operations. On loading they answer more expressed, than adults, by reactions.

There is further development of the nervous system. However distant even temper of processes of excitation and braking yet is to perfection. Teenagers often have predominance of excitative processes above braking.

It is necessary to know that teenagers carry loading, characterized rhythmic implementation of work easier, but the frequent changing of rate and rhythm is less friendly to activity of the cardiac and vascular system of children of this age. A motive function to 13 – 14 arrives at development high level, acquiring many signs which are characteristic for the grown man.

Senior age 15 – 17 years. Development of organism proceeds, however much this process takes a place more slowly and evenly. Youths grow quick than girls, outstripping them on all of indexes of physical development. Pubescence is completed.

Forming of bone skeleton is almost completed. The muscular system develops intensively. For youth for two-three years muscular mass is increased on 10 – 12 %. They are able to execute power exercises, requiring considerable muscular efforts. Girls have an increase of muscular the masses in relation to mass of body and increase of power indexes are expressed less than, than for youths. More than all the musculature of pelvic belt develops for girls.

On the structure of body and proportions of youth and girl does not almost differ from adults.

Development of the cardiac, vascular and respiratory systems proceeds. The sizes of heart are increased, increase minute and shock volume of blood stream (amount of blood, which pumps over a heart in a minute and for one reduction). Functioning of the cardiac, vascular system differs greater rationality. The circumference of thorax, vital capacity of lights, force of respiratory muscles, is increased.

Taking into account the physiological and psychological features of youths and girls, reading with them on physical education it is necessary to conduct separately.

Short description of anatomico-physiological age features of children, teenagers and youths allows to take into account the most general conformities to the law of age-specific development. However subject to age-dependent changes are the very substantial individual rejections. In addition it is impossible to eliminate the phenomenon the acceleration (speed-up development) of children. In this connection, planning employments, it is necessary to take into account not only calendar but also biological age of children.

## Musical accompaniment of employments

On correct neat musical accompaniment success of employments depends in a great deal. Muzyka can not serve only as a background, it must be the active component of motion, emotional stimulus to them.

Pieces of music must be necessarily with the brightly expressed rhythm. A rhythm is temporal organization of musical sounds, based on alternation of strong and weak accents. Due to musical facilities a rhythm is marked accents. Counting up the amount of the accented sounds in time unit, it is possible to define a music rate which speed of implementation of exercises depends on.

At the choice of rate and rhythm of musical accompaniment necessarily take into account character of exercises, their specific.

### Rate music for reading with children

Rate of musics	Amount of musical accents in 1 minutes	Exemplary exercises
Slow	40 - 60	<ul style="list-style-type: none"><li>▣ slow inclinations of trunk, heads;</li><li>▣ exercises on weakening, stretch;</li><li>▣ respiratory exercises.</li></ul>
Moderate	70	<ul style="list-style-type: none"><li>▣ different inclinations of head and trunk;</li><li>▣ slow махи feet; exercise for the muscles of the back, abdominal press;</li><li>▣ by turn tensions and weakening;</li><li>▣ exercises on a stretch;</li><li>▣ walking.</li></ul>
Sredni	80 – 90	<ul style="list-style-type: none"><li>▣ exercises for different muscula groups and parts of body.</li></ul>
Rapid	100 – 150	<ul style="list-style-type: none"><li>▣ by stroke (flap; swing)feet;</li><li>▣ jumps, bounce, dancings elements, at run.</li></ul>

### III. «Dancings motions and exercises at the flat back»

The flat back is the most unprofitable for a spine type of vertebral carriage. A spine is deprived physiological curvature, approached in a type to the straight line. A thorax is narrow, flat chest and displaced a few forward. The tomentous belt of overhead extremities draws off shoulder-blades forward, their internal edges and lower corners go away and fall behind from ribs. Shoulder-blades acquire a alar form and often come forward under a skin. The muscles of the back are developed poorly, the angle of slope of pelvis is diminished, a stomach is pulled in, buttocks beyond measure are thrust out back.

Absence of physiological bends results in the lack of a spring function of spine, promoting his vulnerability during at run, jumps, to carrying from place to place of weight. At the flat back a spine is unsteady to the different deforming actions and easily distorts to the right or to the left, compensating the same absent physiological bends. A child with such carriage sticks to tensely, underline straight, Motions of him are clumsy.

A bed on which a child sleeps with such back must be moderate soft, with a low pillow. Too soft mattress and high pillow is instrumental in forming of the round back, and too hard – smooths out the physiological bends of spine and instrumental in forming of the flat back.

At the flat back it is necessary evenly to strengthen the muscles of the back, stomach, buttocks and lower extremities. A preference needs to be given those exercises, at implementation of which increased forerake of pelvis and lordosis of lumbar department of spine.

Dancings motions and exercises at the flat back:

1. Walking in place and on a circle on socks with different motions of hands:

- ▣ upwards - to the shoulders;
- ▣ forward - to the shoulders;
- ▣ downward - to the shoulders;
- ▣ «scissors» by direct hands;

During 1 minute. Rate middle (3.1.1-7)

2. Initial position is a bar of leg separately.

on «1-2» - to get up on socks, hands forward, округлить the back, incline a head back;

on «3-4» - demi-bob (curtsey, curtsy) hands in sides, to bend in small of the back, incline a head forward;

To repeat 8 - 16 times. Rate middle. (3.2.8-9)

3. Initial position – demi-bob (curtsey, curtsy) , hands on thighs.

on «1» - to round off the back;

on «2» is initial position – demi-bob (curtsey, curtsy) , hands on thighs;

on «3» - to round off the back;

on «4» is initial position – demi-bob (curtsey, curtsy) , hands on thighs;

To repeat 8 - 16 times. Rate middle. (3.3.10-11)

4. Initial position is a basic bar, hands in sides.

on «1» is a stroke by a right arcuated foot forward, handclap under thighs;

on «2» - initial position is a basic bar, hands in sides;

on «3» is a stroke by a right direct foot forward, handclap under thighs;

on «4» - initial position is a basic bar, hands in sides;

on «5» is a stroke by the left arcuated leg forward, handclap under thighs;

on «6» - initial position is a basic bar, hands in sides;

on «7» is a stroke by the left direct leg forward, handclap under thighs;

on «8» - initial position is a basic bar, hands in sides;

To repeat 8 times. Rate middle. (3.4.12-22)

5. Initial position is a basic bar, hands forward.

on «1» is a stroke by a right arcuated foot forward, to touch the knee of right arm;

on «2» - initial position is a basic bar, hands forward;

on «3» is a stroke by the left arcuated leg forward, to touch the knee of left arm;

on «4» - initial position is a basic bar, hands forward;

To repeat 4 - 8 times. Rate middle. (3.5.23-26)

6. Initial position is a bar of leg separately, hands upwards, brushes scarfwise.

on «1-3» are circular motions by a pelvis to the right;

on «4» - initial position is a bar of leg separately, hands upwards, brushes scarfwise;

on «5-7» are circular motions by a pelvis to the left;

on «8» - initial position is a bar of leg separately, hands upwards, brushes scarfwise;

To repeat 4 - 8 times. Rate middle. (3.6.27-32)

7. Initial position – demi-bob (curtsey, curtsy) in the bar of leg separately, hands on thighs.

on «1» - to heave up the heel of right foot, right shoulder upwards, head to the left;

on «2» is initial position – demi-bob (curtsey, curtsy) in the bar of leg separately, hands on thighs;

on «3» - to heave up the heel of the left leg, left shoulder upwards, head to the right;

on «4» is initial position – demi-bob (curtsey, curtsy) in the bar of leg separately, hands on thighs;

To repeat 6 - 8 times. Rate middle. (3.7.33-35)

8. Initial position – demi-bob (curtsey, curtsy) in the bar of leg separately, hands in sides.

on «1» - rounding off the back, to turn hands inward, palm up;

on «2» is initial position – demi-bob (curtsey, curtsy) in the bar of leg separately, hands in sides;

on «3» - to bend in small of the back, turn hands outside palm up;

on «4» is initial position – demi-bob (curtsey, curtsy) in the bar of leg separately, hands in sides;

To repeat 8 - 16 times. Rate middle. (3.8.36-38)

9. A. Iskhodnoe position is a deep lunge of right, hands in sides.

on «1-2» is a forerake, hands on a right knee;

on «3-4» - initial position is a deep lunge of right, hands in sides;

- V. Iskhodnoe position is a deep lunge of left, hands in sides.

on «1-2» is a forerake, hands on the left knee;

on «3-4» - initial position is a deep lunge of left, hands in sides;

To repeat 8 - 16 times. Rate slow and middle. (3.9.39-42)

10. Initial position – proof on knees.

on «1-2» is a lay-back, to touch the hands of heels;

on «3-4» is initial position – proof on knees;

To repeat 4 - 8 times. Rate middle. (3.10.43-46)

11. Initial position is support on knees.

on «1» - proof on knees, turn of trunk to the right, right arm to the right heel, left arm in side pieces - up, upward(s);

on «2» - proof on knees, turn of trunk to the left, left arm to the left heel, right arm in side pieces - up, upward(s);

on «3-4» is initial position – proof on knees, to bend in small of the back;

To repeat 4 times. Rate slow and middle. (3.11.47-49)

12. A.Iskhodnoe position is support on the left knee, right aside on a sock.

on «1-7» - swing by a right foot aside;

on «8» - initial position is support on the left knee, right aside on a sock;

V.Iskhodnoe position is support on a right knee, left aside on a sock.

on «1-7» - swing by the left leg aside;

on «8» - initial position is support on a right knee, left aside on a sock;

To repeat 2 - 4 times. Rate middle. (3.12.50-54)

13. A.Iskhodnoe position is support on knees.

on «1» is a stroke by a right foot back;

on «2» - rounding off the back, to incline a head, touch the forehead of right knee of arcuated leg;

V.Iskhodnoe position is support on knees.

on «1» is a stroke by the left leg back;

on «2» - rounding off the back, to incline a head, touch the forehead of the left knee of arcuated leg;

To repeat 8 times. Rate middle. (3.13.55-59)

14. Initial position is support on knees and forearm.

on «1» is a stroke by a right foot back;

on «2» - initial position is support on knees and forearm;

on «3» is a stroke by the left leg back;

on «4» - initial position is support on knees and forearm;

To repeat 4 - 8 times. Rate middle. (3.14.60-65)

15. Initial position is support on knees.

on «1-2» - to bend, incline a head back;

on «3-4» - rounding off the back, to incline a head forward;

To repeat 8 – 16 times. Rate middle. (3.15.66-68)

16. Initial position – grey, support of hands behind.

on «1» is a stroke by a right arcuated foot forward;

on «2» is initial position – grey, support of hands behind;

on «3» is a stroke by a right direct foot forward;

on «4» is initial position – grey, support of hands behind;

on «5» is a stroke by a right direct foot forward with an arcuated foot;

on «6-8» is initial position – grey, support of hands behind;

on «1» is a stroke by the left arcuated leg forward;

on «2» is initial position – grey, support of hands behind;

on «3» is a stroke by the left direct leg forward;

on «4» is initial position – grey, support of hands behind;

on «5» is a stroke by the left direct leg forward with an arcuated foot;

on «6-8» is initial position – grey, support of hands behind;

To repeat 8 – 16 times. Rate middle. (3.16.69-78)

17. Initial position – grey, hands for a head.

on «1-2» is a turn of trunk to the right rakish forward, to bend a right foot forward, to touch a right knee the left elbow;

on «3-4» is initial position – grey, hands for a head;

on «5-6» is a turn of trunk to the left rakish forward, to bend the left leg forward, to touch the left knee a right elbow;

on «7-8» is initial position – grey, hands for a head;

To repeat 8 – 16 times. Rate middle. (3.17.79-81)

18. Initial position – lying on the back, feet of согуты separately, hands for a head.

on «1-2» - to sit down, not tearing away feet from a floor, hands forward;

on «3-4» is initial position – lying on the back, feet are arcuated separately, hands for a head;

To repeat 8 times. Rate middle. (3.18.82-81)

19. Initial position – lying on the back.

on «1-3» - by turn crusade swing feet above the floor;

on «4» is initial position – lying on the back;

on «5-7» - by turn crusade swing feet above the floor with arcuated by feet;

on «8» is initial position – lying on the back;

To repeat 8 times. Rate middle and rapid. (3.19.85-94)

20. Initial position – lying on the back, hands forward.

on «1-4» - to sit down, by a махи cross by hands;  
on «5-7» - continuing to pass to initial position a махи cross by hands;  
on «8» is initial position – lying on the back, hands forward;  
To repeat 2 - 4 times. Rate slow and middle. (3.20.95-104)

21. Initial position is support lying on forearm.

on «1-7» - by turn махи back;  
on «8» - initial position is support lying on forearm;  
To repeat 2 – 4 times. Rate middle. (3.21.105-109)

22. Initial position is support lying on предплечьях.

on «1-2» are feet in sides;  
on «3-4» - initial position is support lying on forearm, feet of unite, join by sole sides;  
To repeat 4 – 8 times. Rate middle. (3.22.110-115)

23. Initial position – lying on the back bending feet, to heave up a pelvis.

on «1» - not tearing away heel from a floor, to straighten a right foot;  
on «2» is initial position – lying on the back bending feet, to heave up a pelvis;  
on «3» - not tearing away heel from a floor, to straighten the left leg;  
on «4» is initial position – lying on the back bending feet, to heave up a pelvis;  
To repeat 4 times. Rate slow(3.23.116-119)

24. Initial position – lying on the back.

on «1-2» - to bend, raise small of the back above the floor, foot on itself;  
on «3-4» is initial position – lying on the back, weakened;  
To repeat 4 – 8 times. Rate middle. (3.24.120-122 )

25. Initial position is a basic bar, by the back to the wall in the distance semistep, ball between a wall and small of the back.

on «1-2» - to take shoulder-blades, pin a ball small of the back to the wall;

on «3-4» is initial position;

To repeat 4 – 8 times. Rate slow. (3.25.123-126)

#### IV. **«Dancings motions and exercises at a lordosis (backward curvature) carriage»**

Lordicheskaya a carriage is characteristic strengthening of lumbar lordosis. A pelvis at this carriage is sharply inclined forward, a stomach is thrust out. It is instrumental in the prolapsus of internalss and quite often accompanied disorder of their activity. The conditional shortening of muscles of the back is marked also in the lumbar department of spine. Muscle of stomach, buttocks and back surface of thighs stretched. All of the transferred groups of muscles and ligamentary vehicle are hyposthenic. In this connection for children a capacity is mionectic, they are quickly tired. Violation in activity of internalss results in that an organism becomes predispositioned to a number of diseases.

Due to the mechanism of restorative action, exercises are able to promote general vital tone, activate activity of all of organs and systems, heave up protective forces of organism.

At a lordotic chest carriage it is needed to avoid exercises, causing a sharp lay-back in the lumbar department of spine, and exercises which a pelvis is fixed in. Exercises, step-up tone and force of muscles of abdominal press, back and buttock muscles.

For training of force and endurance of muscles exercises, executable from initial positions lying on the back, are most expedient, stomach and on a side. In

these positions muscles rid of loading, related to withholding of body. A spine is also off-loaded. Consequently, initial position lying allow preferentially to affect those, or other groups of muscles.

Except for the special exercises, correctings this carriage, it is necessary for fixing of the got skill constantly to execute exercise on feeling of correct carriage.

Dancings motions and exercises at a lordotic chest carriage:

1. Walking in place and on a circle on heels with different motions of hands:

- before a breast;
- to bend in elbows;
- downward - to the shoulders;
- «scissors» by direct hands;

During 1 minute. Rate middle. (4.1.1-5)

2. Initial position is a bar of leg separately, hands in sides.

on «1-2» - to bend a right foot forward, to fold a knee to the breast;

on «3» - to straighten a right foot aside on a sock, hands in sides;

on «4» - initial position is a bar of leg separately, hands in sides;

on «5-6» - to bend the left leg forward, to fold a knee to the breast;

on «7» - to straighten the left leg aside on a sock, hands in sides;

on «8» - initial position is a bar of leg separately, hands in sides;

To repeat 4 – 8 times. Rate middle. (4.2.6-10)

3. Initial position is a bar of leg separately, hands on a belt.

on «1-2» are two springy forerakes, to touch a floor hands;

on «3» is a forerake, hands in sides;

on «4» - initial position is a bar of leg separately, hands on a belt;

To repeat 4 – 8 times. Rate slow and middle. (4.3.11-13)

4. Initial position is a burpee feet separately.

on «1» - straightening feet, forerake, not tearing away hands from a floor;

on «2» - initial position is a burpee feet separately;

To repeat 8 times. Rate slow. (4.4.14-15)

5. Initial position is a burpee.

on «1-2» - to unbend the left leg back;

on «3-4» - initial position is a burpee;

on «5-6» - to unbend the left leg aside;

on «7-8» - initial position is a burpee;

on «1-2» - to unbend a right foot back;

on «3-4» - initial position is a burpee;

on «5-6» - to unbend a right foot aside;

on «7-8» - initial position is a burpee;

To repeat 4 - 8 times. Rate slow. (4.5.16-20)

6. Initial position – grey on heels, to bend the hands of palm on a stomach.

on «1-2» - to round off the back, incline a head forward;

on «3» - to straighten the back, divorce arcuated hands in sides, fingers separately;

on «4» is initial position – grey on heels, to bend the hands of palm on a stomach;

To repeat 8 times. Rate middle. (4.6.21-25)

7. Initial position – grey on heels, hands forward, to unbend brushes.

on «1-4» - gradually to pass to the bar on knees with the by turn forward movement of shoulders and back;

on «5-8» - gradually to pass in grey on heels with the by turn forward movement of shoulders and back;

To repeat 4 - 8 times. Rate middle. (4.7.26-27)

8. Initial position – prostration on knees, forearms, hands for a head.

on «1-4» is a movement in front;

on «5-8» is a movement back;

on «1-4» is a movement to the right;

on «5-8» is a movement to the left;

To repeat 4 times. Rate slow. (4.8.28-29)

9. Initial position is support on knees.

on «1» - right leg aside;

on «2-3» are circles by a leg down(ward) with small amplitude;

on «4» - initial position is support on knees;

on «5» - the left leg aside;

on «6-7» are circles by a leg down(ward) with small amplitude;

on «8» - initial position is support on knees;

To repeat 4 times. Rate slow. (4.9.30-38)

10. Initial position – prostration.

on «1-2» - to bend feet, fold knees to the breast;

on «3» - prostration a corner;

on «4» is initial position – prostration.

To repeat 8 times. Rate middle. (4.10.39-43)

11. A. Iskhodnoe position – prostration, bending the left leg, knee aside, foot on the thigh of right.

on «1-2» is a stroke by a right leg forward;

on «3-4» is initial position – prostration, bending the left leg, knee aside, foot on the thigh of right;

V. Iskhodnoe position – grey, bending a right a leg, knee aside, foot on the thigh of left.

on «1-2» is a stroke by the left leg forward;

on «3-4» is initial position – grey, bending a right foot, knee aside, foot on the thigh of left;

To repeat 4 -8 one time. Rate middle. (4.11.44-48)

12. Initial position – grey, hands in sides.

on «1» - to bend a right foot forward, to pin a knee hands to the breast;

on «2» is initial position – grey, hands in sides;

on «3» - to bend the left leg forward, to pin a knee hands to the breast;

on «4» is initial position – grey, hands in sides;

To repeat 4 - 8 times. Rate middle. (4.12.49-51)

13. Initial position – grey, bending feet.

on «1-3» - to draw a number the fingers of the strained feet eight;

on «4» is initial position – grey, bending feet;

To repeat 4 times. Rate slow. (4.13.52-56)

14. Initial position – grey with support of hands behind.

on «1-2» - to heave up a pelvis, bend, feet on itself;

on «4» is initial position – grey with support of hands behind;

To repeat 4 times. Rate middle. (4.14.57-59)

15. Initial position – grey a corner bending feet, hands are arcuated before a breast.

on «1-2» - to straighten feet to the right, hands to the left;

on «3-4» is initial position – grey a corner bending feet, hands are arcuated before a breast;

on «5-6» - to straighten feet to the left, hands to the right;

on «7-8» is initial position – grey a corner bending feet, hands are arcuated before a breast;

To repeat 4 times. Rate slow. (4.15.60-62)

16. Initial position – grey bending feet separately, hands on knees.

on «1» - straightening a right foot, inclination to the left leg, to pass through a right arm under the knee of the left leg;

on «2» is initial position – grey bending feet separately, hands on knees;

on «3» - straightening the left leg, inclination to right, to pass through a left arm under the knee of right foot;

on «4» is initial position – grey bending feet separately, hands on knees;

To repeat 4 times. Rate middle. (4.16.63-66)

17.A. Iskhodnoe position – grey on the left thigh, feet are arcuated, the foot of the left leg abuts against the knee of right, hands in sides.

on «1» - to straighten a right foot aside;

on «2-3» are springy inclinations to the right, to touch the sock of right foot hands;

on «4» is initial position – grey on the left thigh, feet are arcuated, the foot of the left leg abuts against the knee of right, hands in sides;

B. Iskhodnoe position – grey on a right thigh, feet are arcuated, the foot of right foot abuts against the knee of left, hands in sides.

on «1» - to straighten the left leg aside;

on «2-3» are springy inclinations to the left, to touch the sock of the left leg hands;

on «4» is initial position – grey on a right thigh, feet are arcuated, the foot of right foot abuts against the knee of left, hands in sides;

To repeat 4 times. Rate middle. (4.17.67-73)

18. A. Iskhodnoe position – grey on the left thigh, a right foot is arcuated forward.

on «1» - to straighten a right foot forward, taking a shin hands;

on «2-3» are springy motions of right foot to the corps;

on «4» is initial position – grey on the left thigh, a right foot is arcuated forward;

B. Iskhodnoe position – grey on a right thigh, the left leg is arcuated forward.

on «1» - to straighten the left leg forward, taking a shin hands;

on «2-3» are springy motions of the left leg to the corps;

on «4» is initial position – grey on a right thigh, the left leg is arcuated forward;

To repeat 4 times. Rate middle. (4.18.74-81)

19. A. Iskhodnoe position – grey on the left thigh with support on a left arm, right on a belt, feet crosswise right.

on «1-2» - to heave up a pelvis with support on a left arm and feet of feet, right arm upwards;

on «3-4» is initial position – grey on the left thigh with support on a left arm, right on a belt, feet crosswise right;

B. Iskhodnoe position – grey on a right thigh with support on a right arm, left on a belt, feet crosswise left.

on «1-2» - to heave up a pelvis with support on a right arm and feet of feet, left arm upwards;

on «3-4» is initial position – grey on a right thigh with support on a right arm, left on a belt, feet crosswise left;

To repeat 4 times. Rate slow and middle. (4.19.82-92)

20. Initial position – lying on the back, bending feet.

on «1-3» is the springy raising of pelvis upwards, hands on small of the back;

on «4» is initial position – lying on the back, bending feet;

To repeat 4 times. Rate slow. (4.20.93-95)

21. Initial position – grey, обхватить arcuated feet hands.

on «1-2» is a crack on the back;

on «3-4» is a crack in initial position;

To repeat 8 time. Rate middle. (4.21; 4.21.)

22. Initial position – proof on shoulder-blades.

on «1-2» - to drop a right foot for a head, to touch the sock of floor;

on «3-4» is initial position – proof on shoulder-blades;  
on «5-6» - to drop the left leg for a head, to touch the sock of floor;  
on «7-8» is initial position – proof on shoulder-blades;  
To repeat 2 - 4 times. Rate slow. (4.22.96-99)

23. Initial position – proof on shoulder-blades.  
on «1-2» - right foot forward, left back;  
on «3-4» is initial position – proof on shoulder-blades;  
on «5-6» - the left leg forward, right back;  
on «7-8» is initial position – proof on shoulder-blades;  
To repeat 2 times. Rate slow. (4.23.100-103)

24. Initial position – proof on shoulder-blades.  
on «1-2» - to drop feet for a head, to touch the sock of floor;  
on «3-4» is initial position – proof on shoulder-blades;  
To repeat 2 times. Rate slow. (4.24.104-105)

25. Initial position – lying on the back, hands upwards.  
on «1-4» - to pin hands arcuated feet to the corps;  
on «5-6» is initial position – lying on the back, hands upwards, to stretch  
by hands upwards, to draw on the feet of feet, small of the back to pin small of  
the back against a floor;  
on «7-8» - to Weaken muscles;  
To repeat 2 - 3 times. Rate slow. (4.24.106-107)

#### v. «Dancings motions and exercises at the scoliotic back»

A scoliotic carriage arises up at non-central (skew) position of humeral belt and pelvis, different length of feet and slanting position of pelvis. For this carriage the insignificant rejections of spine are characteristic to the right or to the left of his middle ax, vanishing at tension of muscles backs. On the side of concavity of spine above a shoulder and shoulder-blades is tomentous, and distance between the line of waist and it is megascopic a tomentous hand – the so-called «triangle of waist is megascopic». On an opposite side the contours of this triangle are smoothed out. The muscles of the back and stomach are hyposthenic. At a scoliotic carriage, unlike

scoliosis (veritable rachiocampsis), child can straighten a spine tension of muscles fully. But if in time not to accept measures for the correction of this carriage, there can be changes in intervertebral disks and bone fabric, characteristic for scoliosis.

Delivered from a scoliotic carriage, as well as from beginning scoliosis, possibly only by creation of good muscular corset due to which a spine will firmly hold out muscles in correct position. Various symmetric exercises are very useful therefore, especially for lumboinguinal (lumboiliac) muscles, because conditional shortening any of them can become reason of scoliotic illness

A correct working pose has a large value in a prophylaxis and treatment of scoliotic carriage and scoliosis. It must provide the symmetric location of parts of body in relation to his ax. In addition, a child must correctly carry different objects, I.e. alternately shifting them from one hand in other.

Dancings motions and exercises at the scoliotic back:

1. Initial position is a basic bar, hands to the shoulders.

on «1» is inclination to the right, hands in sides, to unbend brushes ;

on «2» - initial position is a basic bar, hands to the shoulders;

on «3» is inclination to the left, hands in sides, to unbend brushes ;

on «4» - initial position is a basic bar, hands to the shoulders;

on «5» - by a step left in left, inclination to the right, hands top, fingers separately;

on «6» - initial position is a basic bar, hands to the shoulders;

on «7» - by a step right in a right, inclination to the left, hands top, fingers separately;

on «8» - initial position is a basic bar, hands to the shoulders;

To repeat 8 - 16 time. Rate middle. (5.1.1-8)

2. Initial position is a bar of leg separately, hands for a head.

on «1-2» are two springy inclinations to the right;

on «3» is a turn of trunk to the right;

on «4» - initial position is a bar of leg separately, hands for a head;

on «5-6» are two springy inclinations to the left;

on «7» is a sinistrogyration of trunk;

on «8» - initial position is a bar of leg separately, hands for a head;

To repeat 8 - 16 time. Rate middle. (5.2.9-18)

3. Initial position is a basic bar, hands upwards, brushes scarfwise.

on «1» is a lay-back, right foot back on a sock;

on «2» - initial position is a basic bar, hands upwards, brushes scarfwise;

on «3» is a lay-back, left leg back on a sock;

on «4» - initial position is a basic bar, hands upwards, brushes scarfwise;

To repeat 8 time. Rate middle. (5.3.19-21)

4. Initial position is a wide bar of leg separately.

on «1» is a forerake, to touch a floor hands;

on «2» is a turn of trunk to the right, right arm upwards, left to the floor;

on «3» is a turn of trunk to the left, left arm upwards, right to the floor;

on «4» - initial position is a wide bar of leg separately;

To repeat 4 - 8 times. Rate middle. (5.4.22-25)

5. Initial position – proof on knees, hands to the shoulders.

on «1» is a turn of trunk to the right, right arm in сторону-назад, left arm upwards;

on «2» is initial position – proof on knees, hands to the shoulders;

on «3» is a turn of trunk to the left, left arm of всторону-назад, right arm upwards;

on «4» is initial position – proof on knees, hands to the shoulders;

To repeat 8 times. Rate middle. (5.5.26-30)

6. Initial position – proof on knees, hands for a head.

on «1-2» are two springy turns of trunk to the right;

on «3-4» are two springy turns of trunk to the left ;

on «5-6» - grey on heels with a small lay-back, hands forward by hands up;

on «7-8» is initial position – proof on knees, hands for a head;

To repeat 4 times. Rate middle. (5.6.31-34)

7. Initial position – proof on knees, hands forward, to unbend brushes.

on «1-2» - to sit down on a right thigh, hands to the left;

on «3-4» is initial position – proof on knees, hands forward, to unbend brushes;

on «5-6» - to sit down on the left thigh, hands to the right;

on «7-8» is initial position – proof on knees, hands forward, to unbend brushes ;

To repeat 4 - 8 times. Rate middle. (5.7.35-37)

8. Initial position – proof on knees, hands in sides.

on «1» - right foot in a right side on a sock;

on «2-3» - to touch a right sock a left arm, right arm back;

on «4» is initial position – proof on knees, hands in sides;

on «5» - the left leg in left on a sock;

on «6-7» - to touch the left sock a right arm, left arm back;

on «8» is initial position – proof on knees, hands in sides;

To repeat 4 - 8 times. Rate middle. (5.8.38-41)

9. Initial position – proof on knees, hands in sides.

on «1» - right foot in a right side on a sock;

on «2-3» is inclination to the right foot, to touch a right knee a head, hands back;

on «4» is initial position – proof on knees, hands in sides;

on «5» - the left leg in left on a sock;

on «6-7» is inclination to the left leg, to touch the left knee a head, hands back;

on «8» is initial position – proof on knees, hands in sides;

To repeat 4 times. Rate middle. (5.9.42-45)

10. Initial position – proof on knees, feet separately.

on «1-3» are three springy inclinations to the right knee, hands in sides;  
on «4» is initial position – proof on knees, feet separately;  
on «5-7» are three springy inclinations to the left knee, hands in sides;  
on «8» is initial position – proof on knees, feet separately;

To repeat 4 times. Rate middle. (5.10.46-50)

11. A. Iskhodnoe position – grey on the left thigh with support on a left arm.

on «1» - to straighten a right arm and leg aside;

on «2» - to bend a right arm and leg to the left;

on «3» - to straighten a right arm and leg aside;

on «4» is initial position – grey on the left thigh with support on a left arm;

B. Iskhodnoe position – grey on a right thigh with support on a right arm.

on «1» - to straighten a left arm and leg aside;

on «2» - to bend a left arm and leg to the right;

on «3» - to straighten a left arm and leg aside;

on «4» is initial position – grey on a right thigh with support on a right arm;

To repeat 4 times. Rate middle. (5.11.51-56)

12. Initial position is support on knees.

on «1-2» - right foot back on a sock, left arm upwards;

on «3-4» - initial position is support on knees, to weaken the muscles of the back;

on «5-6» - the left leg back on a sock, right arm upwards;

on «7-8» - initial position is support on knees, to weaken the muscles of the back;

To repeat 8 time. Rate slow and middle. (5.12.57-59)

13. Initial position is support on knees.

on «1» - the left leg on a sock aside;

on «2» - to bend hands;

on «3-4» - initial position is support on knees;

on «5» - right foot on a sock aside;

on «6» - to bend hands;

on «7-8» - initial position is support on knees;

To repeat 4 - 8 time. Rate middle. (5.13.60-63)

14. Initial position – grey feet separately, hands upwards, brushes scarfwise.

on «1-3» are three springy turns of trunk to the right;

on «4» is initial position – grey feet separately, hands upwards, brushes scarfwise;

on «5-7» are three springy turns of trunk to the left;

on «8» is initial position – grey feet separately, hands upwards, brushes scarfwise;

To repeat 4 - 8 times. Rate middle. (5.14.64-66)

15. Initial position – grey feet crosswise, hands in sides.

on «1» is inclination to the right, right arm for the back, left to lead upwards;

on «2» is initial position – grey feet crosswise, hands in sides;

on «3» is inclination to the left, left arm for the back, right to lead upwards;

on «4» is initial position – grey feet crosswise, hands in sides;

To repeat 4 - 8 times. Rate middle. (5.15.67-70)

16. A.Iskhodnoe position – lying on the left side, with support on a right arm, left arm upwards.

on «1» is a stroke by a right foot aside;

on «2» is initial position – lying on the left side, with support on a right arm, left arm upwards;

on «3» is a stroke by a right arcuated foot aside;

on «4» is initial position – lying on the left side, with support on a right arm, left arm upwards;

B.Iskhodnoe position – lying on a right side, with support on a left arm, right arm upwards.

on «1» is a stroke by the left leg aside;

on «2» is initial position – lying on a right side, with support on a left arm, right arm upwards;

on «3» is a stroke of left arcuated by a leg aside;

on «4» is initial position – lying on a right side, with support on a left arm, right arm upwards;

To repeat 8 - 16 times. Rate middle. (5.16.71-79)

17. Initial position – lying on the back, hands in sides.

on «1» are feet separately;

on «2» - crosswise to raise feet above the floor;

on «3» are feet separately;

on «4» - crosswise to raise feet above the floor ;

on «5» are feet separately;

on «6» - crosswise to raise feet above the floor;

on «7» are feet separately;

on «8» is initial position – lying on the back, hands in sides;

Rate middle.

During implementation of exercise to pin small of the back against a floor.

18. Initial position – lying on the back, hands for a head.

on «1-2» - to raise overhead part of trunk above the floor;

on «3-4» is initial position – lying on the back, hands for a head, weakened;

on «5-6» - to heave up feet to the corner of 30° ;

on «7-8» - is initial position – lying on the back, hands for a head, weakened;

To repeat 4 - 8 time. Rate slow and middle.

19. A.Iskhodnoe position – lying on the back, hands upwards.

on «1-2» is inclination to the right, hands for a head;

on «3-4» is initial position – lying on the back, hands upwards, to stretch upwards;

on «5-5» is inclination to the left, hands for a head;

on «7-8» is initial position – lying on the back, hands upwards, to stretch upwards;

B. Iskhodnoe position – lying on the back, hands upwards.

on «1-2» are springy inclinations to the right, hands for a head;

on «3-4» is initial position – lying on the back, hands upwards, to stretch upwards;

on «5-5» are springy inclinations to the left, hands for a head;

on «7-8» is initial position – lying on the back, hands upwards, to stretch upwards;

To repeat 4 - 8 times. Rate slow.

20. Initial position – lying on a stomach.

on «1» - to bend, right arm upwards, left downward;

on «2» - to bend, hands crosswise before itself;

on «3» - to bend, left arm upwards, right downward;

on «4» is initial position – lying on a stomach;

on «5» - to bend, left arm upwards, right downward;

on «6» - to bend, hands crosswise before itself;

on «7» - to bend, right arm upwards, left downward;

on «8» is initial position – lying on a stomach;

To repeat 4 - 8 times. Rate middle.

21. Initial position is support lying on forearm.

on «1-2» is support lying on thighs, to bend, turn of head to the right, to look at heels;

on «3-4» - initial position is support lying on forearm, weakened;

on «5-6» is support lying on thighs, to bend, turn of head to the left, to look at heels ;

on «7-8» - initial position is support lying on forearm, weakened;

To repeat 4 - 8 times. Rate slow.

22. Initial position – lying on a stomach, brush under a chin.

on «1-2» is inclination to the right, to raise a head, to bend a right foot, touch the knee of elbow of right arm;

on «3-4» is initial position – lying on a stomach, brush under a chin, weakened;

on «5-6» is inclination to the left, to raise a head, to bend the left leg, touch the knee of elbow of left arm;

on «7-8» is initial position – lying on a stomach, brush under a chin, weakened;

To repeat 4 - 8 times. Rate slow.

23. Initial position – lying on a stomach, hands upwards.

on «1-2» - right arm for the back, left to raise above the floor, left leg aside;

on «3-4» is initial position – lying on a stomach, hands upwards, weakened;

on «5-6» - left arm for the back, right to raise above the floor, right foot aside;

on «7-8» is initial position – lying on a stomach, hands upwards, weakened;

To repeat 4 - 8 times. Rate middle.

24. Initial position – lying on a stomach, hands in sides.

on «1» is a stroke by a right foot back;

on «2» - right foot crosswise for left, to touch a floor a sock ;

on «3» is a stroke by a right foot back;

on «4» is initial position – lying on a stomach, hands in sides;

on «5» is a stroke by the left leg back;

on «6» - the left leg crosswise for right, to touch a floor a sock ;

on «7» is a stroke by the left leg back;

on «8» is initial position – lying on a stomach, hands in sides;

To repeat 4 - 8 times. Rate middle.

25. Initial position – lying on a stomach, brush under a chin.

on «1-8» is the by turn bending of feet back, moans are strained;

on «1-8» is the by turn bending of feet back, feet are unbended;  
To repeat 4 - 8 times. Rate middle.