

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 | Hand Clapping Games, String Games, Jump Rope, Ball Games | Hand Clapping Games, String Games, Jump Rope, Ball Games | Tag, Hand Clapping Games, String Games, Jump Rope, Ball Games | 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 Jump rope | Capture the Flag, Softball, Double Dutch Jump rope | 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) |