

Daily Unit Schedule - DRAFT #1
Strengthening the Whole Class: Foundations for Academic Progress
at Center For Anthroposophy, Summer 2018

Day & Session	Lecture & daily review 9 to 10:30	Movement foundations 11:00 to 12:30	Artistic & classroom foundations 2:30 to 3:45	Additional academic foundations 4:00 to 5:30
Mon	What is Waldorf Education? What is developmental movement? Brain pathways - math - reading - executive function - resilience	Copper rod exercises Throwing and catching Balavix Rough & tumble games	Hand warmups Shaded drawing Painting handwriting Cats cradle games	Circle games & sports buildup activities
Tue	Keys to movement needs. Learning challenges & mainstream labels. Fourfold human being.	Jump rope Little wrestling matches Zoo exercises	Painting and form drawing from The Extra Lesson Lifting One's Weight Whole Body Exercise	Movie: Buck
Wed	16 Senses Hope, Love and Faith: applying Rudolf Steiner's Pedagogical Law	Currents of the earth: Wool wind, ball twirl, foot circles Cross Step Ball Bounce	Clay Ball exercise Stones in hands, toes Tracing & coloring hands & feet	Musical/singing/blindfold Juggling
Thu	Postural control. Comparative movement needs of boys and girls.	Above-Below Ball Exercises Cross Step Ball Bounce Left-Right Ball Exercises Take Time Beanbags	Math foundations activities	Classroom and playground games
Fri	Postural control in the light of Anthroposophy. Competition, Teasing	Review of the week		

NOTES:

Units and/or lectures might be moved to different days/slots due to weather or other conditions.

Reading: Some of the morning seminars will include presentations based on reading you might want to review, or take up, as the case may be.

- The book The Human Soul by Karl König
- A lecture given by Rudolf Steiner on Dec. 2, 1911 - <http://wn.rsarchive.org/Lectures/FaithLoveHope/19111202p01.html>

Clothing: This is a very active and informal course from start to finish. So unless you're planning evening or tourist activities off campus, athletics-friendly clothes are all you need to pack.