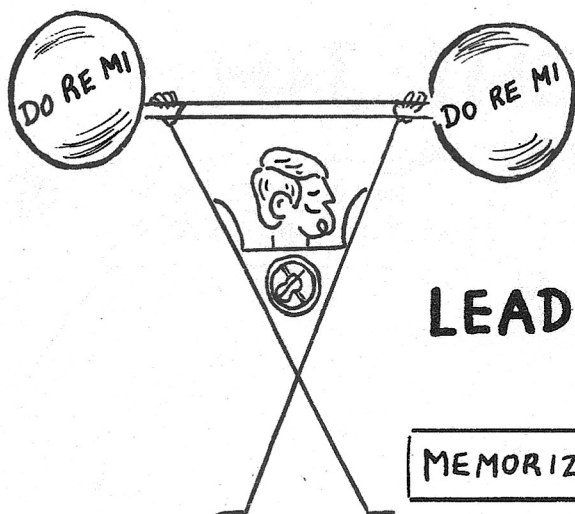




JIM NASTIC

LEADS MUSICAL EXERCISES

MEMORIZE &  (EACH MEASURE) 4 TIMES

1. LIMBERING UP

Four musical exercises for '1. LIMBERING UP' in 4/4 time, each with a character icon above it and a solfège syllable in a box below the staff.

- G**: Character with glasses. Notes: G4, A4, B4, C5. Solfège: DO, R, M.
- D**: Character with a bow. Notes: D4, E4, F#4, G4. Solfège: DO, R, M, R.
- A**: Character with a flower. Notes: A4, B4, C5, D5. Solfège: DO.
- E**: Character with a flower. Notes: E4, F#4, G4, A4. Solfège: DO.

2. DOING THE PUSH-UPS

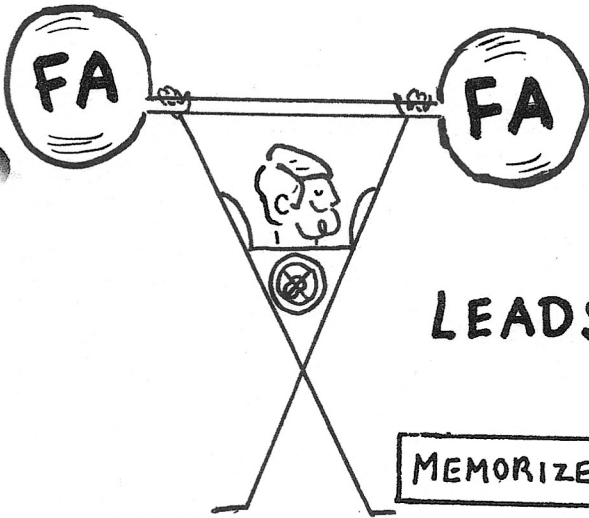
Four musical exercises for '2. DOING THE PUSH-UPS' in 4/4 time, each with a solfège syllable in a box below the staff.

- G**: Notes: G4, A4, B4, C5. Solfège: RE, M, R, D.
- D**: Notes: D4, E4, F#4, G4. Solfège: RE.
- A**: Notes: A4, B4, C5, D5. Solfège: RE.
- E**: Notes: E4, F#4, G4, A4. Solfège: RE.

3. TOUCHING YOUR TOES

Four musical exercises for '3. TOUCHING YOUR TOES' in 4/4 time, each with a solfège syllable in a box below the staff.

- G**: Notes: G4, A4, B4, C5. Solfège: MI, R, D, R.
- D**: Notes: D4, E4, F#4, G4. Solfège: MI.
- A**: Notes: A4, B4, C5, D5. Solfège: MI.
- E**: Notes: E4, F#4, G4, A4. Solfège: MI.



JIM NASTIC

LEADS MUSICAL "STUNTS"

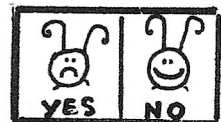
MEMORIZE &  (EACH MEASURE) 8 TIMES

Begin SLOWLY and get faster and faster!

4. CARTWHEELS

5. SOMERSAULTS

6. HEAD STANDS



DID YOU HOLD YOUR VIOLIN UP ?



JIM NASTIC

LEADS "GYM" GAMES

MEMORIZE &  PLAY (EACH MEASURE) 8 TIMES

Begin SLOWLY and get faster and faster!

7. VOLLEY BALL

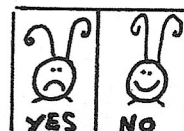
4/4 time signature. Measures 1-4: G (2 3 4 3), D (4), A (4), E (4). Notes are marked with a box labeled 'MI'.

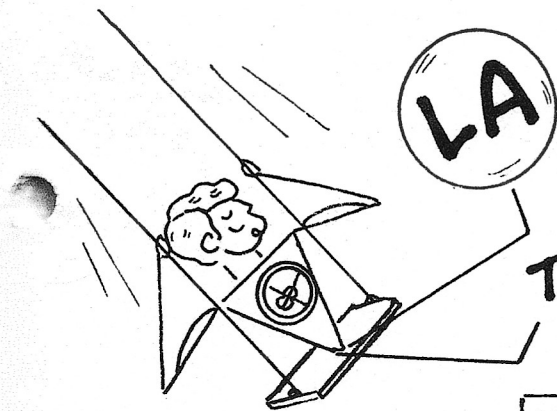
8. RELAY RACES

4/4 time signature. Measures 1-4: G (3 2 3), D (4), A (4), E (4). Notes are marked with a box labeled 'FA'.

9. DODGE BALL

4/4 time signature. Measures 1-4: G (4 3 2 3), D (4), A (4), E (4). Notes are marked with a box labeled 'So'.





JIM NASTIC

TAKES YOU TO THE PLAYGROUND

MEMORIZE &  PLAY (EACH MEASURE) **4** TIMES

10. ON THE SWING

Three measures of music for 'ON THE SWING' in 4/4 time, each with a box indicating the starting string.

- Measure 1: Notes G4, A4, B4, C5. Box: **FA** on G string.
- Measure 2: Notes A4, B4, C5, B4. Box: **FA** on D string.
- Measure 3: Notes B4, C5, B4, A4. Box: **FA** on A string.

11. DOWN THE SLIDE

Three measures of music for 'DOWN THE SLIDE' in 4/4 time, each with a box indicating the starting string.

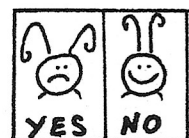
- Measure 1: Notes D4, C4, B3, A3. Box: **LA** on D string.
- Measure 2: Notes G3, F3, E3, D3. Box: **LA** on A string.
- Measure 3: Notes C3, B2, A2, G2. Box: **LA** on E string.

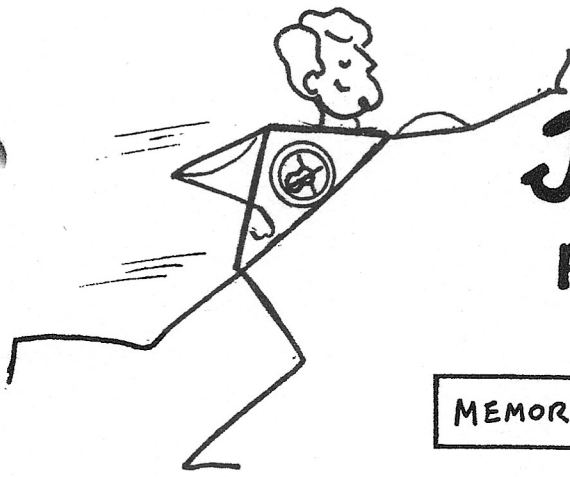
12. CLIMB THE MONKEY BARS

Three measures of music for 'CLIMB THE MONKEY BARS' in 4/4 time, each with a box indicating the starting string.

- Measure 1: Notes G4, A4, B4, C5. Box: **So** on D string.
- Measure 2: Notes A4, B4, C5, B4. Box: **So** on A string.
- Measure 3: Notes B4, C5, B4, A4. Box: **So** on E string.

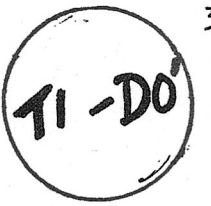
DID YOU KEEP YOUR BOW HAIR TOWARDS you?





JIM NASTIC

PLAYS OUTDOOR GAMES



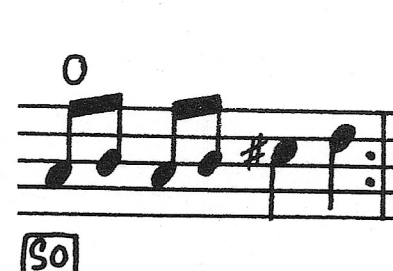
MEMORIZE 4  PLAY (EACH MEASURE) 4 TIMES

13. TAG

0



SO
on
D string



SO
on
A String



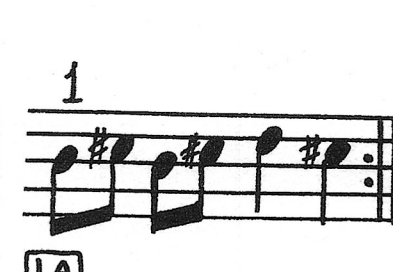
SO
on
E string

14. HOPSCOTCH

1



LA
on
D string



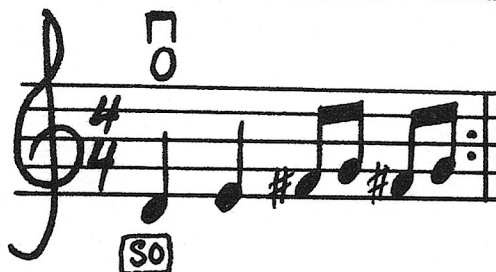
LA
on
A string



LA
on
E string

15. HIDE AND SEEK

0



SO
on
D string



SO
on
A string



SO
on
E string