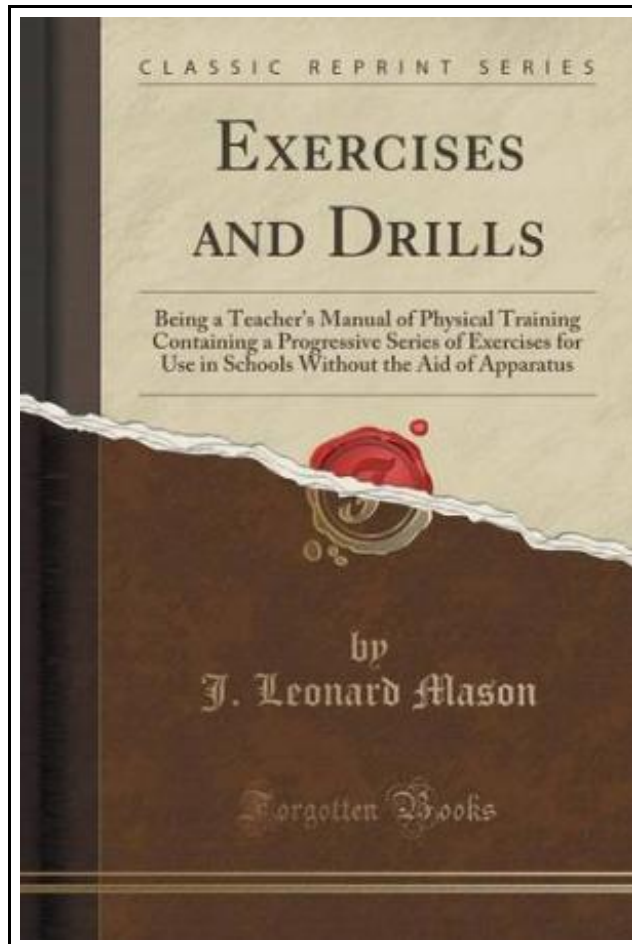


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Exercises and Drills: Being a Teacher s Manual of Physical Training Containing a Progressive Series of Exercises for Use in Schools Without the Aid of Apparatus The importance of the theory and practice of Physical Training is universally acknowledged. Besides the immediate benefit to the pupil and teacher, which is too obvious to need mention, there is also a lifelong advantage derived; for the pupils learn that the practice of systematic physical exercise is necessary for their health, and, consequently, will never in after life think themselves too busy to spend a few minutes each day in exercise, thus banishing many of the petty ailments with which they may be burdened. It is the object of the writer to place in the hands of school teachers a Manual of Physical Training which can be easily understood, and which will prove of assistance in conducting this important branch of school work. The method of arrangement will indicate to the teacher such of the important movements as are suitable for the class room, and will show how they can be properly arranged into short drills. Like every other branch of school work, Physical Training has its difficulties, and the lessons or drills may sometimes lag, but with a little effort on the part of the teacher interest can be awakened, and the real pleasure and benefit derived, when teacher and pupils become familiar with the drill, will more than repay for the effort it costs to make the daily drill a bright spot in the days routine. Various systems of Physical Training have been advocated during recent years. They all have their merits and can be commended...



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