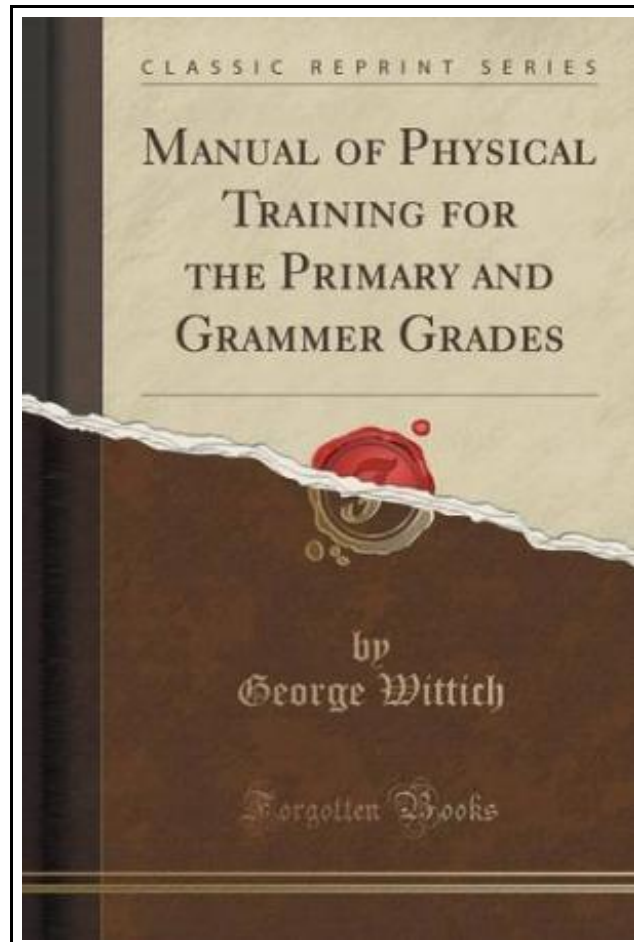


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MANUAL OF PHYSICAL TRAINING FOR THE PRIMARY AND GRAMMER GRADES (CLASSIC REPRINT)



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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 Manual of Physical Training for the Primary and Grammer Grades This Hand Book is intended for the public graded schools of Milwaukee. The instructions are imparted directly to the teachers and pupils by trained specialists; it is, therefore, unnecessary to discuss in detail in this book the method of teaching the exercises as well as all other points pertaining to the disposition and handling of classes within and out of doors. The exercises of this outline are designed for the purpose of bringing about the following results in the physical make-up of the school children of the grades: 1. The increase of the circulation and general distribution of the blood by means of vigorous rhythmical action of the larger muscle groups, and a thorough aeration of the blood through deep and somewhat forced respiration. 2. The improvement of chest capacity, of posture and the maintenance thereof. The former is achieved through stretching, certain trunk and neck exercises and forced respiration, and the latter through so-called corrective exercises in standing, sitting, kneeling and balancing. 3. The development of exactness of motion, quickness of response, and a moderate degree of strength through progressively arranged forms of exercises and combinations, as well as properly applied commands and time-measure. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition....



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