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THE NORMAL
SCHOOL BULLETIN

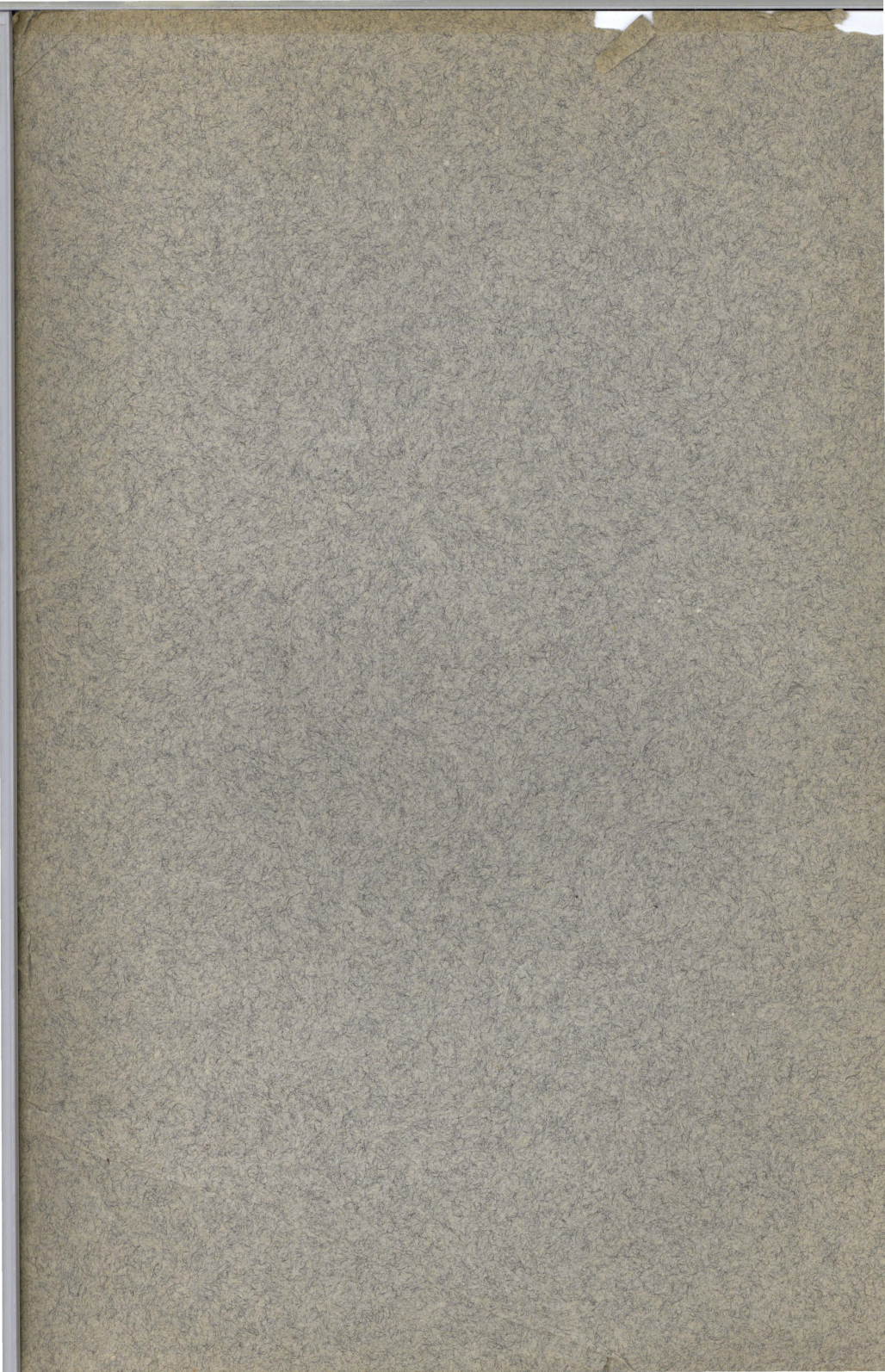
OCTOBER 1, 1911.



SCHOOLROOM GYMNASTICS AND
GRADED GAMES

BY

ALICE M. CHRISTIANSEN

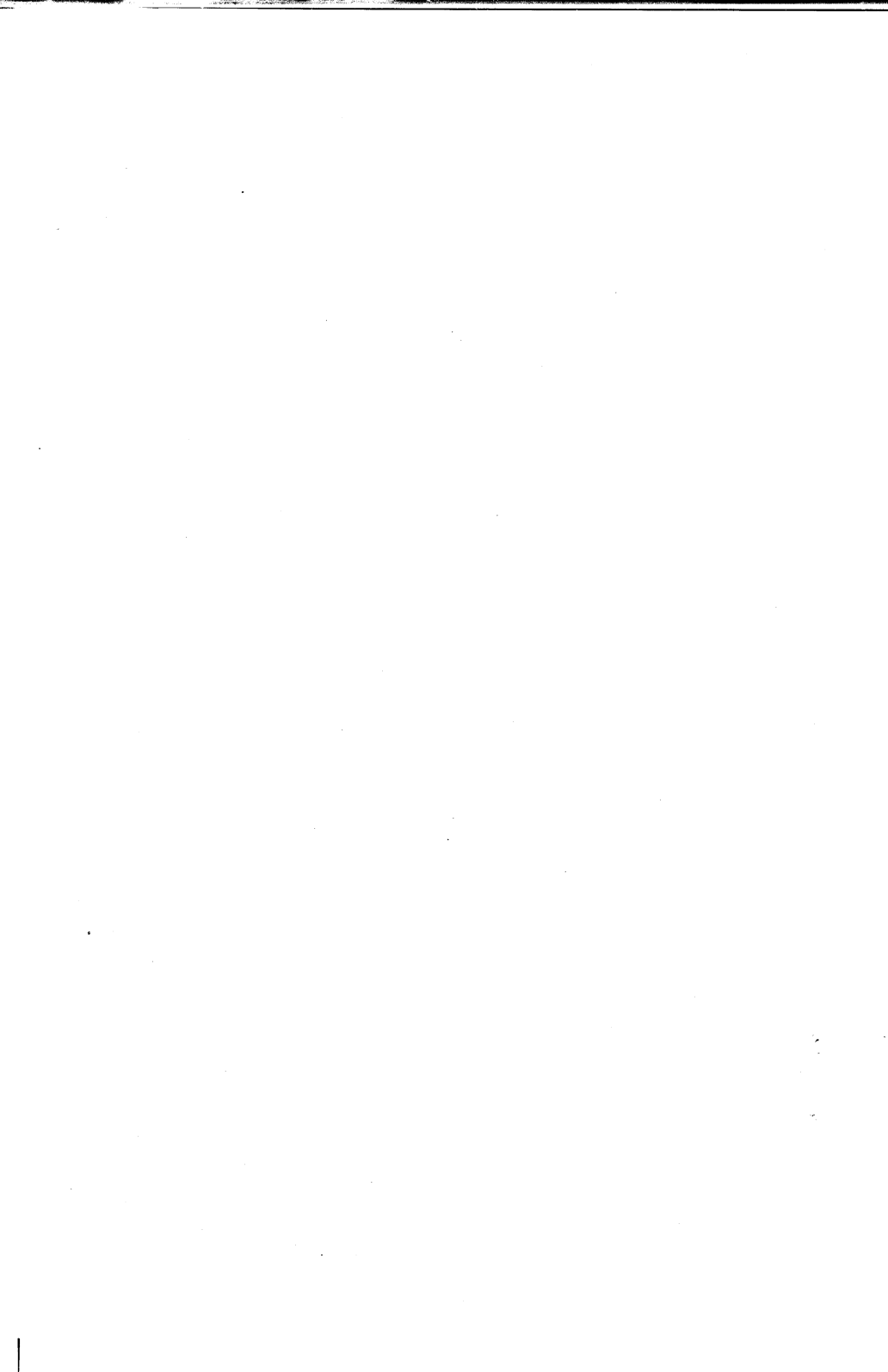


SCHOOLROOM GYMNASTICS

AND

GRADED GAMES

AN OUTLINE USED
IN THE
MODEL SCHOOL
OF THE
EASTERN ILLINOIS
STATE NORMAL SCHOOL



PREFACE.

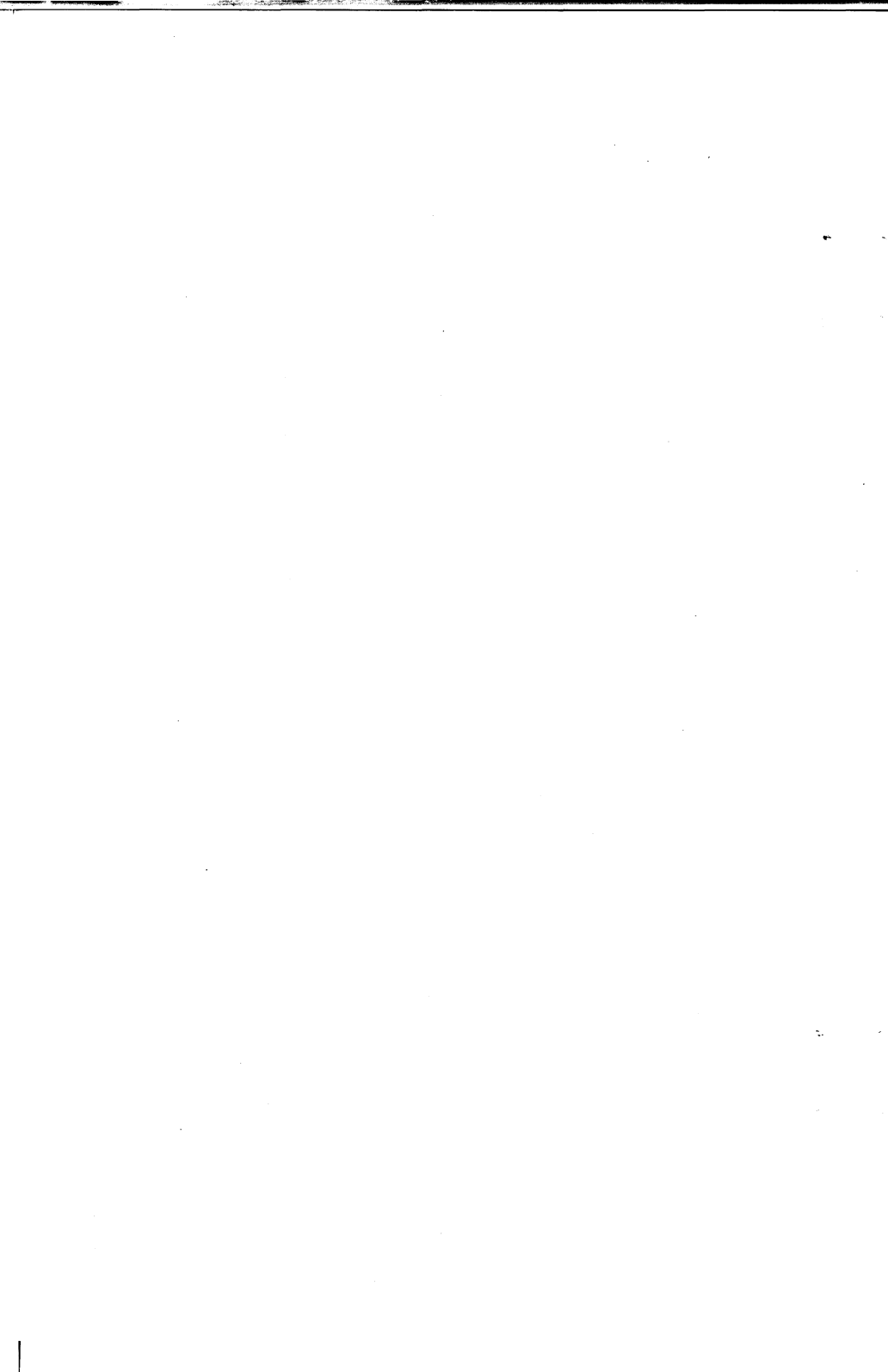
This outline is intended, primarily, to serve as a guide to the teaching of gymnastics for the critic teachers in the Model School of the Eastern Illinois State Normal School. It is, however, the hope of the author that it may also be helpful to public school teachers interested in schoolroom gymnastics.

For the games suggested and graded, acknowledgment is due to E. H. Arnold, Jessie H. Bancroft, Marion Grey and G. E. Johnson. The "day's orders", or gymnastic lessons, are based upon observations made by the author while supervisor of physical training in the public schools of Gloucester, Massachusetts.

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SUGGESTIONS FOR TEACHING GYMNASTICS.



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No. 34.

SCHOOLROOM GYMNASTICS AND GRADED GAMES

By

ALICE M. CHRISTIANSEN

Director of Physical Education

SUGGESTIONS FOR TEACHING GYMNASTICS.

There are three methods of conducting a gymnastic lesson, namely, that of imitation, of memorizing and of commanding. In the first method, the teacher stands before the class and performs, he alone executing the movements correctly and being thereby the only one receiving any benefit therefrom. By this method, the attention of the pupil is centered upon the teacher rather than upon his individual movements, thereby diminishing his volitional stimulus so necessary in gymnastic exercise. This is a method that has occasional use but should not be conformed to regularly.

In the method of memorizing, the pupil is compelled to learn a series of exercises, executing the movements from memory. The result of such a method is faulty posture and incorrect co-ordination.

In the third method, that of commanding, the gymnastic lesson is taught wholly by commands from the teacher. This is undoubtedly the best method. The movements are applied to words of command, thus enabling the pupil to concentrate his mind on one thing at a time, that thing being his own movement. This is in accordance with the general law of gymnastic movement, which tells us that, unless a movement is done with full volition, it ceases to be gymnastic. Words of command have the advantage of teaching the pupil to think quickly; to act as quickly and to do a thing in the shortest possible time. Besides, the use of commands enables the teacher to keep his class in hand; it is easier for him not only to teach but to correct as well. In teaching the gymnastic lesson by this method, much depends on the understanding of certain general principles, which the teacher must keep in mind, else the purpose of the lesson is defeated.

GENERAL SUGGESTIONS FOR THE TEACHER.

Make the lesson lively. Keep the class active. Avoid long pauses. Do not hold the class in one position so long that it becomes tiresome.

The command should be animated, and the voice should indicate, somewhat, the quality of the movement; i. e., when the movement is to be quick, as in arm and foot positions, the command is quick. If the movement is to be slow, as in the positions, the command expresses this. The object of the pause before the word of execution is to give the class time to think what the exercise is, and when the word

comes, all are ready to execute it quickly. This pause is absolutely necessary to finished work. It is given in all commands. Make the voice as pleasant as possible in giving the commands. In the regular lesson, give each movement about four times. Always be on the alert to give corrections where they are needed. Make individual as well as general corrections.

THE GYMNAS TIC LESSON OR "DAY'S ORDER".

The commands for each exercise are, in general, just as they are to be given to the class. There may be several equally good commands for a given exercise, and of course these may be used. The word "left" or "right" written in parenthesis means to repeat the exercise, or to give it on the other side. The term "in series" means to repeat the movement at length for sixteen counts or more. In some instances, as for example, arm extensions and certain jumps, the name of the exercise only is given, the commands being too familiar to need repetition.

For the meaning of abbreviations not understood, consult the index to the nomenclature.

Twenty or thirty minutes should be given to the lesson. There should be at least three periods a week devoted to gymnastic work. The ideal plan, however, is to have a daily lesson.

Form in the work is the educational part of it—i. e., the training of the nerves and muscles to accuracy. Two very good tests of the training of a class are: (1) the kind of "attention" given throughout the lesson ("attention" is here used in its gymnastic sense); and (2) the position of the arms in both parts of "arms upward stretch," and the control with which the finished position is held.

Give "in place rest" often enough to relieve the tension of the fundamental standing position.

TYPES OF EXERCISE.

TYPE 1. ORDER MOVEMENTS.

OBJECT: (1) To get control of the class; that is, to obtain the proper rhythm and snap for gymnastics, and to secure a good standing position.

These movements consist of facings and march steps (one, two or three steps forward, sideways, or backward) and easy, well-drilled positions of the arms and feet. These should be executed quickly and done in perfect rhythm. Until a class gives a good response in the order movements, it is useless to expect good results in other exercises.

TYPE 2. LEG (AND ARM) EXERCISES.

OBJECT: To carry the blood to the extremities from the viscera.

These exercises usually consist of arm and leg movements combined, and are repeated a number of times.

Foot placings will always need more or less correction. In "heel raising and knee bending" the toes must be well turned out. If not, the knees will not be turned out properly and the trunk will bend forward. The exercises may be taken: (1) "on command", as, "arms upward bend and left foot forward place"; or (2) "by count" in which case the teacher uses counts as commands, the class waiting for each count; or, (3) "in series," in which the command "class halt" is given. In all these cases, the class may or may not count. The object of the counting is to help the rhythm. All these movements are quick (with emphasis wherever possible) and the pauses should be clear and distinct. Never allow the class to run the movements together into a continuous motion. Unless the class is so well trained that no correction of the foot placing is necessary, it will be best to give the exercises "by command" or "by count" once or twice in each lesson before taking "in series."

TYPE 3. SPAN BENDINGS.

OBJECT: (1) To expand the chest, and (2) to straighten the upper part of the spine.

These exercises are head bending and twisting and chest raising. "Chest raising" includes a lifting of the upper ribs, deep breathing, slight bending of the head backward, and straightening of the upper part of the spine. "Head bending backward" as used above the second grade, is precisely the same, except that the upper grammar grades may do the exercise more powerfully. In the primary grades, "head bending backward" is bending of the neck only, to increase the flexibility.

TYPE 4. ARM EXTENSIONS AND FLINGINGS.

OBJECT: To stretch the muscles of the chest.

To obtain the desired results, these exercises must be done vigorously, and in the extended position, the arms kept well back. The class may or may not count in these exercises. In bending the arm, much of the force is in twisting them outward. Arm extensions upward and sideways are most valuable; backward and downward, less so. Extension forward is of little value except to train the shoulders to keep a correct position in the movement, or as a starting position for arm flinging sideways.

TYPE 5. BALANCE EXERCISES.

OBJECT: Nerve control.

Bear in mind the object of the exercises in this type, and repeat that portion of the exercise which involves control in keeping the balance; for example, "neck firm;" "left foot forward place;" "heels raise;" "keep bend;" several times, as this is the difficult balance exercise. It is not necessary to repeat the starting position so many times. Or, in the exer-

cise "heels raise;" "arm flinging sideways, one, two," repeat the arm movement several times. In both these cases, the same exercise might be given under type two, and the whole exercise should be repeated, because here the object is general exercise of the extremities rather than a balance movement.

TYPE 6. BACK EXERCISES.

OBJECT: To correct the carriage of the shoulder blade and back, and by equalizing the strength of the muscles on both sides of the vertebral column, counteract the faulty growth of the spine.

There are two kinds of back exercises. (1) arm movements for the shoulder-blade muscles, and (2) exercises for the muscles of the lower part of the back, as trunk bending forward, and the "fall out". As in type four, the arms should be kept well back in all shoulder-blade exercises; but here, the arm movements should be slow but forcible to give more muscular work.

In combining an arm movement with trunk bending forward, care should be taken that the position of the arms with relation to the body remain unchanged. "Fall outs" combine in one movement leg, back, and lateral trunk exercises.

TYPE 7 AND 8. ABDOMINAL AND LATERAL TRUNK EXERCISES.

OBJECT: To stimulate abdominal organs by an alternating increase and decrease of abdominal pressure. Lateral trunk exercises train the legitimate mobility of the ribs and vertebrae, and mechanically stimulate the spinal nerves.

Type seven in all grammar grades, and type eight in the seventh, eighth, and ninth grades, are abdominal and lateral trunk exercises. All lateral trunk exercises (side bending and twisting) involve more or less abdominal work, hence are often given in type seven. Side bending should involve no twisting, but should be straight to the side. The command "position", which requires a quick response should never be given to return from a trunk position. Command "trunk forward twist" or "trunk upward raise" as the case may be.

TYPE 9. JUMPING EXERCISES.

OBJECT: To obtain the hygienic effect of exercise; that is, quickened respiration and circulation of blood and lymph. Exercises of this type should therefore, be repeated a number of times.

TYPE 10. SLOWING DOWN EXERCISES.

OBJECT: To regulate the heart beat after the lively exercise of jumping.

The number of times these exercises are given depends upon the violence of the jump and run. In the school room they need consist of only a respiratory exercise, perhaps including "heel raising" or "knee bending".

Every gymnastic lesson should include a lively march and a run if possible. If at any time it is impossible to take the march in line, give a march in place; i. e., mark time. The rhythm should be lively; otherwise it is tiresome, and involves little exercise. Make the class as independent as possible of help in the rhythm, but when necessary to give help, be sure that it is done in good rhythm with emphasis equal on both feet. Emphasizing "left" more than "right" leads to stepping more heavily on the left foot. There should be no sound of the heels as the ankle is ex-

tended so that the ball of the foot touches first. Another cause of heavy marching is stiff knees. Steps should be short. The head and chest should be raised, chest leading and the arms should move freely.

Make the lessons as enjoyable as possible. Do not be sparing of games; use them very freely as a reward of merit, especially those involving plenty of exercise. Remember that if the psychic element of enjoyment is present, the exercise has much more value.

Bear in mind always the three aims of the work, viz:— the education of the nerves and muscles, the correction of faulty postures, and the hygienic effect of exercise.

GYMNASTIC DAY'S ORDERS.

GRADES 3 AND 4.

The art of gymnastics considers not only the suitability of different modes of training to different bodies, but what sort is absolutely the best, (for the absolutely best must suit that which is by nature best and best furnished with the means of life) and also what common form of training is adapted to the great majority of men.

FROM THE POLITICS OF ARISTOTLE

GYMNASTIC DAY'S ORDER.

GRADES 3 AND 4.

LESSON I.

1. Order mvts., std. from sitt. pos.
2. Hips firm, chest raise, sink., hns. pos.
3. Hips firm, ft. close, open, hns. pos.
4. Arms fwd. bnd., sdw. flg., arms bnd., pos.
5. Chest raising.
6. Skipping.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless. Windows *OPEN*.

1. Skip around the room.
2. Run in place.
3. Chest raising.
4. Arm raising sdw. with deep breathing.

LESSON II.

1. Order mvts., std. from sitt. pos.
2. Arms fwd. bnd., chest raise, sk., hns. pos.
3. Arms upw. bnd., ft. sdw. pl., ft. to-gether pl., hns. pos.
4. Arms sdw. flg., arms sk.
5. Arm rais. sdw. with chest rais.
6. Running.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip around the room.
2. Run in place.
3. Chest rais.
4. Arm rais. sdw. with breath.

LESSON III.

1. Order mvts., fwd. dress.
2. Arm rais. sdw. with deep breathing.
3. Hips firm, jump on toes in place, 8 counts.
4. Arm rais. sdw. by count.
5. Arm flg. sdw. with deep breathing.
6. Mark time, mark! Halt! one, two.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip around the room.
2. Jump on toes in pl., 4 cts.
3. Chest rais.
4. Hips firm, chest rais.

LESSON IV.

1. Order mvts., fwd. dress.
2. Arm circumduction with breathing.
3. Hips firm, ft. sdw. pl., jump pos.
4. Arms upw. bnd., arms sdw. stret., arms bnd., hns. pos.
5. Arms fdw. bnd., arms sdw. flg. and chest raise, arms bnd. and chest sink, pos.
6. Running.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 8 cts.
2. Run in place.
3. Chest rais.
4. Arm circumduction.

LESSON V.

1. Order mvts., rt. dress.
2. Arms fwd. bnd., arm flg. sdw. with deep breath.
3. Hips firm, ft. sdw. pl., heels raise, jump on toes 10 cts., jump position.
4. Arms upw. bnd., arms sdw. stret., arms bnd., pos.
5. Jump from chairs. [std. in chairs lft. ft. (1) rt. ft. (2)]—
lft. leg fwd. raise (1) jump (2-3) knees stret. (4)
heels sink (5)].
6. Chest raising.
7. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip around the room.
2. Jump on toes in place.
3. Arm raising sdw. with deep breathing.
4. Chest raising.

LESSON VI.

1. Order mvts. rt. dress.
2. Arms upw. bnd., hns. pos., chest raise, sink.
3. Hips firm, ft. sdw. pl., heel raise, jump on toes 10 cts., jump pos.
4. Arms upw. bnd., arms sdw. stret., arms bnd., pos.
5. Jump from chairs.
6. Arm raising sdw. with breathing.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Run on toes in place, 8 cts.
2. Jump on toes in place, 4 cts.
3. Arm raising sdw., deep breath.
4. Arm circumduction.

LESSON VII.

1. Order mvts., left dress.
2. Arms sdw. flg., chest raise, sink, arms pos.
3. Hips firm, ft. sdw. pl., heels raise, jump on toes, 8 cts., heels sink, ft. together place.
4. Arms upw. bnd., arms sdw. stret., arms bnd., hns. pos.
5. Hips firm, stride spring jump, 4 cts. (ft. apart, together, etc.).
6. Chest raise.
7. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Run on toes in pl.
2. Run on tip toe around the room.
3. Chest rais.
4. Arm circumduction.

LESSON VIII.

1. Order mvts., lft. dress.
2. Arms fwd. upw. flg., chest raise, sk., arms sdw. dnw. sk.
3. Hips firm and lft. (rt.) ft. sdw. pl., hns. and ft. pos.
4. Arms upw. bnd., arms sdw., upw., and dnw. stret.

N O R M A L S C H O O L B U L L E T I N

5. Jump over chairs [grasp desk and chair and rise on toes (1) knees bnd. (2) jump (3-4) knees stret. (5) heels sk. (6)].
6. Arm circumduction.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Run in pl.
2. Skip in pl.
3. Arm cir.
4. Arm rais. sdw. with deep breath.

LESSON IX.

1. Order mvts., rt. and lft. dress.
2. Chest rais.
3. Hips firm and ft. close, hns. pos. and ft. open.
4. Hips firm, arms fwd. bnd., arms upw. bnd., etc.
5. Jump from chairs.
6. Arm cir.
7. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in place.
2. Run around the room.
3. Arm flg. sdw. with chest rais.
4. Arm cir.

LESSON X.

1. Order mvts., rt. and lft. dress.
2. Arms fwd. bnd., chest raise, sk., hns. pos.
3. Arms fwd. bnd. and ft. sdw. pl., hns. pos. and ft. together pl.

4. Lft. hip firm, hns. chg. 1, 2.
5. Stride spring jump, 10 cts.
6. Skipping.
7. Chest raising.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Run in place.
2. Skip around the room.
3. Chest rais.
4. Arm flg. sdw. with deep breath.

LESSON XI.

1. Order mvts., fwd., rt., and lft. dress.
2. Arms fwd. bnd., chest rais. and arm flg. sdw. by ct.
3. Arms sdw. stret. and ft. sdw. pl.
4. Arms upw. bnd., upw., sdw., and dwn. stret.
5. Jump over chairs.
6. Arm raising sdw. with breath.
7. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip in pl.
2. Run in pl.
3. Chest rais.
4. Arm cir.

LESSON XII.

1. Order mvts., fwd., rt., and lft. dress.
2. Arms fwd. upw. flg., chest raise, sk., arms sdw. dwn. sk.
3. Hips firm, ft. close, heels raise, jump on toes, 10 cts., heels sink., pos.

4. Lft. arm sdw. flg., arms chg.
5. Stride spring jump, 10 cts.
6. Arm cir.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl.
2. Run on toes in pl.
3. Chest rais.
4. Arms rais. sdw. with deep breath.

LESSON XIII.

1. Order mvts., fwd. rt. and lft. dress.
2. Arms sdw. stret. and ft. sdw. pl., chest rais., sk., jump pos.
3. Hips firm, heels raise, knees bnd., knees stret., heels sk.
4. Arms sdw. stret., 1, 2.
5. Stride spring jump, 16 cts.
6. Chest rais.
7. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Run on toes in pl., 10 cts.
2. Spring jump 10 cts.
3. Chest rais.
4. Arm cir.

LESSON XIV.

1. Order mvts., fwd. rt. and lft. dress.
2. Arms fwd. bnd., arms sdw. flg., chest raise, sk., arms fwd. bnd., hns. pos.

E A S T E R N I L L I N O I S S T A T E

3. Hips firm and lft. ft. sdw. pl., hns. and ft. chg.
4. Arms upw. and dwn. stret. 1, 2.
5. Jump over chairs.
6. Arm cir.
7. Run.

Two Minute Drill.

To be given at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 10 cts.
2. Run on toes in pl., 10 cts.
3. Chest rais.
4. Arm rais. sdw. with breath.

LESSON XV.

1. Order mvts., fwd., rt., and lft. dress; march step fwd. and bkw.
2. Arms sdw. flg., chest raise, sk., hns. pos.
3. Hips firm, run on toes in pl., 16 cts.
4. Arms sdw., upw. and dwn. stret.
5. Jump over chairs.
6. Arms cir.
7. March.

Two Minute Drill.

To be given at the close of recitation periods, when the class becomes restless.

1. Run on toes in pl. 10 cts.
2. Spring jump.
3. Chest rais.
4. Arm cir.

LESSON XVI.

1. Order mvts., fwd., rt. and lft. dress; march step fwd. and bkw.

2. Chest raising with outw. turn. of hns. (arm rotation).
3. Hips firm, alt. knee bnd. upw.
4. Lft. arm sdw. flg., quickly arms chg.
5. Hips firm, free jump in pl. [heels raise (1) knees bnd. (2) jump (3-4) knees stret. (5) heels sk. (6)]
6. Arm rais. sdw. and chest raise.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip around the room.
2. Jump on toes in pl., 8 cts.
3. Arm rais. sdw. with breath.
4. Arm cir.

LESSON XVII.

1. Order mvts., fwd., rt., and lft. dress.
2. Hips firm, chest raise, sk., pos.
3. Hips firm, ft. close, open, hns. pos.
4. Arms fwd. bnd., arms sdw. flg., arms bnd., pos.
5. Hips firm, jump on toes in pl., 10 cts.
6. Hips firm, chest raise.
7. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes, in pl., 4 cts.
2. Stride spring jump, 4 cts.
3. Arm rais. sdw.
4. Chest rais.

LESSON XVIII.

1. Order mvts., march step fwd. and bkw.

E A S T E R N I L L I N O I S S T A T E

2. Arms upw. bnd., chest raise, sk., pos.
3. Hips firm, ft. sdw. pl., together pl., hns. pos.
4. Arms sdw. raise, sk.
5. Hips firm, stride spring jump.
6. Arm cir.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Chest rais.
2. Skipping in pl.
3. Arm cir.
4. Run.

LESSON XIX.

1. Order mvts., fwd., rt. and lft. dress.
2. Arm rais. sdw. with deep breath.
3. Hips firm, lft. (rt) ft. fwd. pl., repl., hns. pos.
4. Arms sdw., pos.
5. Hips firm, stride spring jump.
6. Chest rais.
7. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump, 8 cts.
2. Run on toes in pl., 8 cts.
3. Arm rais. sdw. with deep breath.
4. Chest rais.

LESSON XX.

1. Order mvts., march steps.
2. Arms fwd. bnd., arms sdw. flg. and chest raise, arms bnd. and chest sk., pos.

3. Arms fwd. bnd., lft. (rt.) ft. outw. pl., repl., pos.
4. Arms upw. bnd., arms sdw. stret., arms bnd., pos.
5. Hips firm, prepare for jump [heels raise (1) knees bnd. (2) knees stret. (3) heels sk. (4)].
6. Arm cir.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip.
2. Run.
3. Arm flg. sdw.
4. Chest rais.

LESSON XXI.

1. Order mvts., fwd., rt. and left dress.
2. Arm flg. sdw. with deep breath.
3. Hips firm, stride spring jump, 4 cts.
4. Arms upw. bnd., arms sdw. and dwn. stret.
5. Stand in chairs,—1, 2.
6. Arm cir.
7. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Alt. toe rais., 8 cts.
2. Jump on toes in pl., 4 cts.
3. Chest rais.
4. Arm cir.

LESSON XXII.

1. Order mvts., fwd., rt. and lft. dress.

E A S T E R N I L L I N O I S S T A T E

2. Deep breath., arms fwd. upw. flg., sdw. dwn. sk.
3. Hips firm, alt. toe rais.
4. Arms upw. bnd., lft. arm sdw. stret., chg., 1, 2.
5. Jump from chairs.
6. Arm rais. sdw., deep breath.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump.
2. Jump on toes in pl., 4 cts.
3. Chest rais.
4. Arm rais. sdw. with breath.

LESSON XXIII.

1. Order mvts., fwd., rt. and lft. dress, march steps fwd. and bk.
2. Arms fwd. upw. flg., chest raise, sk., arms sdw. dwn. sk.
3. Hips firm and ft. sdw. pl., hns. pos. and ft. together pl.
4. Arms upw. bnd., lft. arm sdw. stret., arm bnd., rt. arm sdw. stret. arm bnd., pos.
5. Jump over chairs.
6. Chest rais.
7. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Run in pl.
2. Skip in pl.
3. Arm cir.
4. Arm rais. sdw., deep breath.

LESSON XXIV.

1. Order mvts., march steps.
2. Arms fwd. bnd. and ft. sdw. pl., arms sdw. flg., chest raise, sk., arms bnd., jump pos.
3. Arms upw. bnd. and lft. (rt.) ft. fwd. pl., pos.
4. Arms upw. bnd., arms upw. and dwn. stret.
5. Spring jump with heel raising, (ft. apart, together, heels raise, heels sink).
6. Arm cir.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 10 cts.
2. Skip in pl.
3. Arm cir.
4. Arm rais. sdw. deep breath.

LESSON XXV.

1. Order mvts., rt. and lft. dress. number by twos.
2. Arms sdw. flg. and ft. close, chest raise, sk., pos.
3. Hips firm and ft. sdw. pl., jump on toes, 4 cts., hns. pos. and ft. together pl.
4. Arms upw. and dwn. stret. 1, 2.
5. Spring jump with heel raising.
6. Chest rais.
7. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 10 cts.
2. Run around the room on tip toe.

3. Arm flg. sdw. with chest rais.
4. Arm cir.

LESSON XXVI.

1. Order mvts., fwd. rt. and lft. dress, number by twos.
2. Arm raising sdw. with deep breath.
3. Arms sdw. stret. and ft. sdw. pl., jump pos.
4. Lft. arm sdw. flg., arms chg., 1, 2.
5. Jump from chairs.
6. Arm cir.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump.
2. Run in pl.
3. Arms rais. sdw. with chest rais.
4. Arm cir.

LESSON XXVII.

1. Order mvts., rt. and lft. dress, side step lft. and rt. march.
2. Arms fwd. bnd. and ft. sdw. pl., chest rais., sk., jump pos.
3. Arms sdw. stret. and ft. sdw. pl., hips firm and ft. together pl., hns. pos.
4. Arm flg. fwd., upw., sdw. and dwn.
5. Jump over chairs.
6. Arm cir.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip in pl.

2. Run in pl.
3. Chest rais.
4. Arm cir.

LESSON XXVIII.

1. Order mvts., side step lft. and rt. march.
2. Arms sdw. raise, arm circling with breath.
3. Hips firm and lft. (rt.) ft. outw. pl., hns. and ft. chg.
4. Arms upw., sdw. and dwn. stret.
5. Stride spring jump.
6. Arm rais. sdw., deep breath.
7. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 10 cts.
2. Alt. toe rais.
3. Chest rais.
4. Arm rais. sdw., chest rais.

LESSON XXIX.

1. Order mvts., march steps.
2. Chest rais. with outw. turning of hns.
3. Hips firm, alt. knee bnd. upw.
4. Arm extentions.
5. Jump over chairs.
6. Chest rais.
7. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 10 cts.

2. Run on toes in pl., 10 cts.
3. Chest rais.
4. Arm rais. sdw. with breath.

LESSON XXX.

1. Order mvts., rt. and lft. dress, march steps.
2. Arm sdw. flg., ft. sdw. pl., chest raise, sk., jump pos.
3. Arms sdw. stret. and ft. sdw. pl., arms dwn. stret. and ft. together pl.
4. Arm flingings.
5. Stride spring jump.
6. Arm cir.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless

1. Stride spring jump.
2. Stride jump with heels rais.
3. Chest rais.
4. Arm cir.

LESSON XXXI.

1. Order mvts., lft. (rt.) face—one—ready, two.
2. Arms sdw. raise, hns. turn., arm rais. upw. and chest rais. by ct., pos.
3. Hips firm, alt. knee bnd. upw.
4. Arms upw. and dwn. stret.
5. Stride spring jump.
6. Arm rais. sdw. with breath, and heel rais.
7. Marching.

N O R M A L S C H O O L B U L L E T I N

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless

1. Run on toes in pl., 10 cts.
2. Spring jump, 10 cts.
3. Chest rais.
4. Arm circumduction.

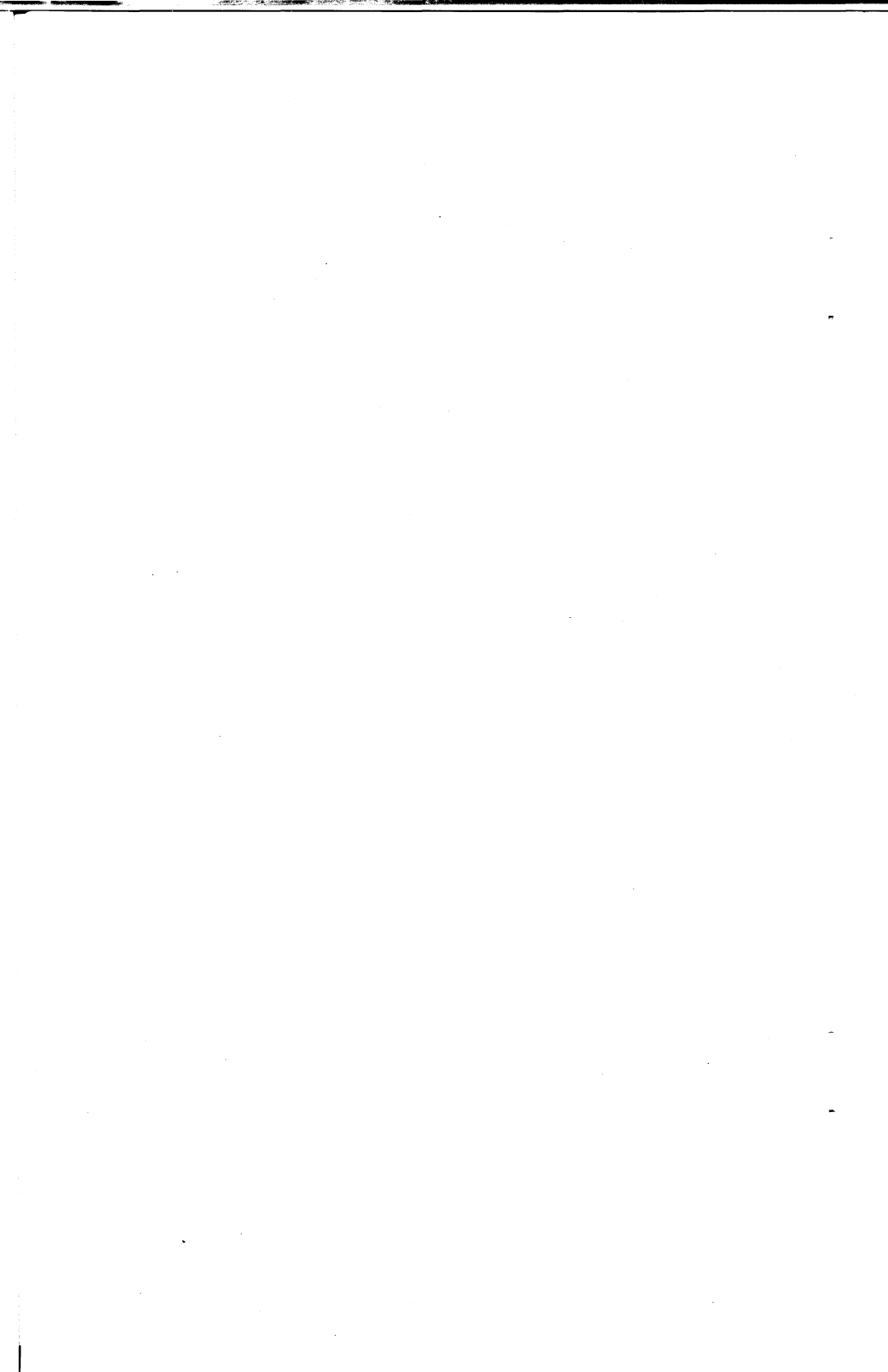
LESSON XXXII.

1. Order mvts., lft. (rt.) face.
2. Arms sdw. raise, arm circling with chest rais.
3. Hips firm, heels raise, knees bnd, knees stret., heels sk.,
hns. pos.
4. Arms upw., sdw., and dwn. stret.
5. Jump over chairs facing 90 degrees lft. (rt.) in landing.
6. Arm circumduction.
7. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Alt. toe rais.
2. Spring jump with heel rais.
3. Arms rais. sdw. with breath.
4. Arm circumduction.



GYMNASTIC DAY'S ORDER.

GRADES 5 AND 6.

“The whole test of the worth of any sport should be the demand that sport makes upon the quality of the mind and body which in their sum recall manliness.”

THEODORE ROOSEVELT.

GYMNASTIC DAY'S ORDER.

GRADES 5 AND 6.

LESSON I.

1. Order mvts., fwd., rt. and lft. dress.
2. Hips firm, with deep breathing, chest raise, sk.
3. Hips firm, ft. close, open.
4. Arms fwd. bnd., arm flg. sdw. by ct.
5. Hips firm, heels raise, sk.
6. Hips firm, ft. sdw. pl., trk. fwd. bnd., trk. raise, jump pos.
7. Hips firm, alt. knee bnd. upw.
8. Hips firm, prepare for jump (heels raise, knees bnd, knees stret., heels sk.
9. Arms rais. sdw. with breath.
10. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless. Windows OPEN.

1. Hips firm, rise on toes, 10 cts.
2. Hips firm, alt. knee bnd. upw.
3. Chest raising.
4. Arm circumduction.

LESSON II.

1. Order mvts., fwd., rt. and lft. dress.
2. Arm rais. sdw. with deep breath.
3. Hips firm, heels raise, knees bnd. knees stret., heels sk., pos.
4. Arms upw. and dwn. stret.
5. Arms upw. bnd., ft. close, heels raise, sk., ft. open, pos.
6. Arms upw. bnd., trk. fwd. bnd., trk. rais., pos.
7. Arms upw. stret., chest raise, sk., hns. pos.
8. Hips firm, stride spring jump (ft. apart, together, etc).
9. Chest rais.
10. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Prepare for jump.
2. Hips firm, rise on toes 10 cts.
3. Chest rais.
4. Arm circumduction.

LESSON III.

1. Order mvts., fwd. rt. and lft. dress, lft. and rt. face in two parts.
2. Arm rais. sdw. with deep breath.
3. Arms sdw. stret. and ft. sdw. pl., hips firm and ft. together pl., hans. pos.
4. Arms sdw. and dwn. stret.
5. Arms upw. bnd., ft. sdw. pl., heels raise, sk., jump pos.
6. Arms sdw. stret., arm rotation.
7. Hips firm, alt. knee bnd. upw.
8. Hips firm, stride spring jump.
9. Deep breathing, chest raise.
10. Marching.

TWO MINUTE DRILL.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, ft. sdw. pl., jump on toes 10 cts. pos.
2. Hips firm, knees bnd., stret. 8 times.
3. Arms rais. sdw. with chest rais.
4. Arm circumduction.

LESSON IV.

1. Order mvts., lft. and rt. face in two parts.
2. Arm circumduction, deep breath.
3. Hips firm, lft. (rt.) ft. fwd., outw. and sdw. pl., ft. repl.

4. Arm flg. fwd., upw., sdw. and dwn.
5. Arms sdw. raise, ft. close, heels raise, sk., ft. open, pos.
6. Arms fwd. bnd. and ft. sdw. pl., trk. fwd. bnd., arm flg. sdw., trk. raise, pos.
7. Arms upw. bnd., chest rais.
8. Hips firm, free jump in pl. [heels raise (1) knees bnd. (2) jump (3 4) knees stret. (5) heels sk. (6)].
9. Arm circumduction.
10. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, stride spring jump.
2. Jump on toes, 8 cts.
3. Arm circumduction.
4. Arm rais. sdw. with deep breath.

LESSON V.

1. Order mvts., number twos, half lft. (rt.) face.
2. Arms sdw. stret., chest rais. with arm rotation and deep breath.
3. Hips firm and lft. ft. outw. pl., hns. and ft. chg. in series.
4. Arms upw., sdw. and dwn. stret.
5. Arms fwd. bnd., heels raise, arms sdw. flg., arms bnd., heel sk., pos.
6. Arms hlf. sdw. bnd., trk. fwd. bnd., trk. raise, pos.
7. Hips firm, alt. knee bnd. upw.
8. Hips firm, spring jump with heel rais. (ft. apart, together, heels raise, heels sk.)
9. Arm cir.
10. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Prepare for jump in series.
2. Stride spring jump.
3. Arm rais. sdw. with chest rais.
4. Arm cir.

LESSON VI.

1. Order mvts., number by twos, half lft. (rt.) face.
2. Deep breath, arms fwd. upw. flg., sdw., dwn. sk.
3. Hips firm, prepare for jump in series.
4. Double arm stret., sdw. and dwn. (twice in each direction).
5. Arms upw. bnd. and lft. (rt.) ft. fwd. pl., heels raise, sk., ft. repl., pos.
6. Arms sdw. raise and ft. sdw pl., trk. fwd. bnd., trk. raise, jump pos.
7. Arms hlf. sdw. bnd., chest rais.
8. Free jump in pl.
9. Arm rais. sdw. with deep breath.
10. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Run on toes in pl., 8 cts.
2. Prepare for jump in series.
3. Chest rais.
4. Arm cir.

LESSON VII.

1. Order mvts., march steps and fac.
2. Neck firm and ft. sdw. pl., chest raise, sk., jump pos.

3. Hips firm, ft. pl. fwd., outw. and sdw. with chg. of ft. in series.
4. Arms upw., sdw. and dwn. stret.
5. Neck firm and ft. close., lft. (rt.) ft. fwd. pl., heels raise, sk., ft. repl., pos.
6. Arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., arm rotation, trk. raise, pos.
7. Arms upw. stret. and ft. sdw. pl., chest raise, sk., jump, pos.
8. Spring jump with heel rais.
9. Arm rais. sdw. with deep breath and heel rais.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes, 16 cts.
2. Jump on toes in pl., 8 cts.
3. Chest rais.
4. Arm cir.

LESSON VIII.

1. Order mvts., march steps and fac.
2. Arms sdw. stret., arm circling with breath.
3. Hips firm, alt. toe rais.
4. Arms upw. bnd., lft. arm sdw. stret., arms chg. 1, 2.
5. Arms fwd. upw. and heels raise, arms sdw. dwn. and heels sk.
6. Hips firm and ft. sdw. pl., trk. fwd. bnd., head rotation—1, 2, 3, 4.
7. Arms upw. bnd., alt. knee bnd. upw.

8. Jump over chairs [grasp desk and chair and rise on toes (1) knees bnd. (2) jump (3-4) knees stret. (5) heels sk. (6)].
9. Arm cir.
10. Running.

Two Minute Drill.

To be used at close of the recitation periods, when the the class becomes restless.

1. Alt. knee bnd. upw.
2. Jump on toes in pl., 8 cts.
3. Arms rais. sdw., chest rais.
4. Chest rais.

LESSON IX.

1. Order mvts., lft. (rt.) about face.
2. Chest raising with outward turn. of hns. (arm rotation at side of body).
3. Arms sdw. raise and lft. ft. sdw. pl., hns and ft. repl. In series.
4. Arm extensions in various directions.
5. Hips firm, lft. (rt.) knee upw. bnd., ft. repl.
6. With palms up, arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., trk. raise, pos.
7. Arms fwd. upw. flg., chest raise, sk., arms sdw. dwn. sk.
8. Spring jump with heel rais.
9. Arm flg. sdw., deep breath.
10. Marching, tip-toe.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Alt. toe rais.
2. Run in pl.

3. Arm flg. sdw. with chest rais.
4. Arm cir.

LESSON X.

1. Order mvts., lft. (rt.) about face.
2. Arms fwd. bnd. and ft. sdw. pl., arms sdw. flg. and chest rais; arms bnd. and chest sk., jump pos.
3. Hips firm and ft. sdw. pl., heels raise, sk. for 10 cts., jump pos.
4. Lft. arm fwd. upw. flg., arms chg., pos.
5. Hips firm and ft. close, heels raise, slow march fwd. (bkw.) beginning with lft. ft.
6. Hips firm and ft. sdw. pl., trk. fwd. bnd., trk. raise, jump pos.
7. Hips firm and ft. close, chest raise, sk.
8. Jump over chairs.
9. Arm cir.
10. Running.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip in pl.
2. Stride spring jump.
3. Arms rais. sdw. with deep breathing.
4. Chest rais.

LESSON XI.

1. Order mvts., one march step fwd., bk., and to side.
2. Arms sdw. stret. and ft. sdw. pl., arm rotation with chest rais.
3. Arms upw. bnd. and heels raise, arms sdw. stret. and knees bnd., arms bnd. and knees stret., hns. pos. and heels sk., by ct., 1, 2, 3, 4.

4. Arm ext. in all directions.
5. Arms fwd. bnd. and ft. close, heels raise, arms sdw. flg., arms bnd., heels sk., pos.
6. With palms up, arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., arm flg. upw. by ct.
7. Hips firm, alt. knee bnd. upw.
8. Stride spring jump.
9. Arm rais. sdw. with deep breath, and heel rais.
10. March.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Raise on toes 10 cts.
2. Prepare for jump in series.
3. Chest rais.
4. Arms flg. sdw., breath.

LESSON XII.

1. Order mvts., march step fwd., bkwd. and to side.
2. Arms fwd. bnd. and ft. close, arm flg. sdw. with chest rais.
3. Arms fwd. bnd. and lft, (rt.) ft. fwd. pl., hns. and ft. chg.
4. Alt. arm ext.
5. Hips firm and ft. sdw. pl., heels raise, arms upw. bnd., heels sk., jump pos.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., lft. arm sdw. stret., arms chg.
7. Hips firm and ft. sdw. pl., chest rais.
8. Jump over chairs.
9. Arm cir.
10. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump, 8 cts.
2. Run on toes in pl., 8 cts.
3. Chest rais.
4. Arm cir.

LESSON XIII.

1. Order mvts., march steps and fac.
2. Arm rais. sdw. with deep breath and heel rais.
3. Hips firm, heels raise, knees deep bnd., knees stret, heels sk.
4. Arm ext. in all directions.
5. Arms fwd. bnd., lft. (rt.) knee upw. bnd., arms sdw. flg., arms bnd., ft. repl.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., arms sdw. stret., hns. turn, arm flg. upw. 1, 2, trk. raise, jump pos.
7. Hips firm, alt. knee bnd. upw.
8. Jump fac. 90 degrees lft. (rt.) and return.
9. Arm cir.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump, 8 cts.
2. Run on toes in pl., 8 cts.
3. Chest rais.
4. Arm cir.

LESSON XIV.

1. Order mvts., march steps and fac.

N O R M A L S C H O O L B U L L E T I N

2. Arms fwd. upw. flg., chest raise, sk., arms sdw. dwn. sk.
3. Arms fwd. bnd. and lft. ft. sdw. pl., arms sdw. flg, arms bnd., hns. pos. and ft. repl. In series.
4. Arm flg.
5. Arms upw. bnd., lft. (rt.) knee upw. bnd., arms sdw. stret., arms bnd., ft. repl.
6. Lft. hip, rt. neck firm, trk. fwd. bnd., hns. chg., trk. raise, pos.
7. Arms fwd. bnd. and ft. sdw. pl., arms sdw. flg. and chest raise, arms bnd. and chest sk.
8. Jump fac. 180 degrees lft. (rt.) and return.
9. Chest rais.
10. Running.

Two Minute Drill.

To be used at close of the recitation periods, when the class becomes restless.

1. Rise on toes, 16 cts.
2. Hips firm, heels raise, alt. knee bnd. upw.
3. Arm cir.
4. Deep breath.

LESSON XV.

1. Order mvts., march steps and fac.
2. With palms up, arms sdw. stret.
3. Arms upw. bnd. and lft. (rt.) ft. sdw. pl., arms sdw. stret., arms bnd., hns. pos. and ft. repl. In series.
4. Double arm ext.
5. Hips firm, lft. (rt.) knee upw. bnd.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., with palms up, arms sdw. stret., trk. raise, jump pos.
7. Arm flg. fwd. upw. with chest rais.
8. Hips firm, stride spring jump.

9. Arms rais. sdw. with deep breath and heels rais.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump.
2. Prepare for jump in series.
3. Arm cir.
4. Chest rais.

LESSON XVI.

1. Order mvts., march steps and fac.
2. Arms half fwd. bnd., arms hlf. sdw. bnd. and chest rais. by ct., 1, 2.
3. Arms fwd. bnd. and lft. (rt.) ft. outw. pl., arms sdw. flg. and heels raise, arms bnd. and heels sk., hns. pos. and ft. repl. In series.
4. Arm ext. in all directions.
5. Hips firm, lft. (rt.) leg sdw. raise, ft. repl.
6. Neck firm and ft. sdw. pl., trk. fwd. bnd., trk. raise, pos.
7. Hips firm, alt. knee bnd. upw.
8. Jump one start step fwd.
9. Arm cir.
10. Running.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Alt. toe rais.
2. Hips firm, knee bnd. and stret.
3. Chest rais.
4. Arm cir.

LESSON XVII.

1. Order mvts., march steps and fac.
2. Hips firm, lft. (rt.) ft. fwd., outw., and sdw. pl., repl.
3. Arms sdw. raise, arm rotation, pos.
4. Arms fwd. bnd., sdw. flg., fwd. bnd., pos.
5. Arms upw. bnd., ft. sdw. pl., heels raise, sk., jump pos.
6. Hips firm, ft. sdw. pl., trk. fwd. bnd., trk. raise, jump pos.
7. Hips firm, alt. knee bnd. upw.
8. Hips firm, prepare for jump.
9. Arm rais. sdw. with breath.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, rise on toes, 10 cts.
2. Hips firm, alt. knee bnd. upw.
3. Chest rais.
4. Arm cir.

LESSON XVIII.

1. Order mvts., march.
2. Hips firm, heels raise, knees bnd., knees stret., heels sk.
3. Hips firm, hd. bwk. bnd. raise.
4. Arms upw. bnd., sdw. stret., upw. bnd., dwn. stret.
5. Arms upw. bnd., ft. sdw., pl., heels raise, sk., jump pos.
6. Arms upw. bnd., slow arm stret. upw.
7. Hips firm, chest rais, with bk. bnd. of hd.
8. Hips firm, stride spring jump.
9. Arm cir.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class become restless.

1. Spring jump, 8 cts.
2. Run on toes in pl., 8 cts.
3. Arm cir.
4. Chest rais.

LESSON XIX.

1. Order mvts., march steps.
2. Arms sdw. stret. and ft. sdw. pl., hips firm and ft. together pl.
3. Arms hlf. sdw. bnd., pos.
4. Arms fwd. fwd. raise, sdw. dwn. sk.
5. Arms upw. bnd. and ft. close, heels raise, sk.
6. Arms fwd. bnd. and ft. sdw. pl., trk. fwd. bnd., arms sdw. flg., trk. raise, pos.
7. Hips firm, alt. knee bnd. upw.
8. Stride spring jump.
9. Arm cir.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, ft. sdw. pl., rise on toes, 10 cts.
2. Hips firm, knees bnd., stret. 8 times.
3. Arm rais. sdw. with chest rais.
4. Arm cir.

LESSON XX.

1. Order mvts., march steps and facings.
2. Arms fwd. bnd. and lft. ft. fwd. pl., hns. and ft. chg.
3. Arms upw. bnd. and ft. close, with chest rais., hd. bk. bnd.

E A S T E R N I L L I N O I S S T A T E

4. Arm ext. upw., sdw. and dwn.
5. Arms hlf. sdw. bnd. and lft. (rt.) ft. fwd. pl., heels raise, sk., hns. and ft. chg.
6. Neck firm, trk. fwd. bnd., trk. raise, pos.
7. Arms upw. stret. and ft. sdw. pl., chest rais.
8. Hips firm, free jump in pl.
9. Neck firm, chest rais.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Prepare for jump in series.
2. Spring jump with heel rais.
3. Chest rais.
4. Arm rais. sdw. with breath.

LESSON XXI.

1. Order mvts., one hlf. lft. (rt.) about face,
2. Hips firm and ft. sdw. pl., heels raise, sk., jump pos.
3. Hips firm, deep breath. chest raise, sk.
4. Arms sdw., upw., and dwn. stret.
5. Neck firm and ft. close, heels raise, sk.
6. Arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., trk. raise, pos.
7. Deep breath., arms fwd., upw. flg., sdw. dwn. sk.
8. Hips firm, stride spring jump.
9. Arm rais. sdw. with deep breath.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Prepare for jump in series.

2. Spring jump.
3. Arm rais. sdw. with deep breath.
4. Arm cir.

LESSON XXII.

1. Order mvts., lft. (rt.) about face.
2. Hips firm, prepare for jump in series.
3. Arms fwd. bnd., arms sdw. flg. and chest raise, arm bnd. and chest sk.
4. Lft. arm upw., rt. arm sdw. stret., arms chg.
5. Hips firm, lft. (rt.) knee upw. bnd.
6. Arms hlf. sdw., trk. fwd. bnd., trk. raise, pos.
7. Hips firm, alt. knee bnd. upw.
8. Hips firm, free jump in pl.
9. Arm cir.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Arms upw. bnd., arm stret. up., 10 cts.
2. Hips firm, heels raise, jump on toes, 16 cts., pos.
3. Chest rais.
4. Arm cir.

LESSON XXIII.

1. Order mvts., about face, one march step fwd., and bkw.
2. Hips firm, heels raise, knees deep bnd., knees stret., heels sk.
3. Arms fwd., bnd and lft. (rt.) ft. fwd. pl., hd. bkw. bnd., raise, hns. and ft. chg.
4. Arms upw. bnd., lft. arm upw. stret., arms chg., 1-2.
5. Arms upw. bnd., lft. (rt.) knee upw. bnd., arms sdw. stret., arms bnd., pos.

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6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., arms sdw. stret., arms bnd, pos.
7. Arms hlf. sdw. bnd. and ft. close, chest raise, sk.
8. Jump over chairs.
9. Arm cir.
10. Run.

TWO MINUTE DRILL.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes, 16 cts.
2. Chest rais.
3. Jump on toes 8 times.
4. Arm cir.

LESSON XXIV.

1. Order mvts., march steps.
2. Hips firm, lft. (rt.) ft. fwd., outw. and sdw. pl., with chg. of ft. in series, go!
3. Arms hlf. sdw. bnd. and ft. sdw. pl., chest rais.
4. Arms upw., bkw. and dwn. stret.
5. Hips firm, heels raise, slow march fwd. and bkw., heels sk., pos.
6. Ft. sdw. pl., trk. fwd. bnd., double arm flg. upw. 1-2, trk. raise, jump pos.
7. Hips firm, heels raise, alt. knee bnd. upw.
8. Spring jump with heel rais.
9. Arm rais. sdw. with deep breath. and heel rais.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Skip in pl.
2. Stride spring jump.

3. Arm rais. sdw. with deep breath.
4. Chest rais.

LESSON XXV.

1. Order mvts., about face and one step fwd. march.
2. Hips firm, ft. pl. fwd. outw. and sdw. with heel rais., chg. of ft. in series.
3. Hips firm and ft. sdw. pl., hd. bkw. bnd.
4. Arms upw. and dwn. stret.
5. Hips firm, lft. knee upw. bnd., knee bkw. stret., upw. bnd., ft. repl.
6. Arms upw. stret. and ft. sdw. pl., trk. fwd. bnd., arm part, 1-2, trk. raise, pos.
7. Arms upw. stret. and ft. close, chest rais.
8. Stride jump spring.
9. Arm cir.
10. March, tip-toe.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Alt. toe rais.
2. Run on toe in pl.
3. Arm flg. sdw. by ct.
4. Arm cir.

LESSON XXVI.

1. Order mvts., march steps and fac.
2. Arms upw. bnd. and heels raise, arms sdw. stret. and knees bnd., arms bnd. and knees stret., hns. pos. and heels sk. In series.
3. Arms sdw. stret. and ft. sdw. pl., arm circling with breath.
4. Arms upw. bnd., lft. arm sdw. stret., arms chg.

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5. Arms sdw. stret., heels raise, hns. turn, arm rais. upw. 1-2, heels sk., pos.
6. With palms up, arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd, lft. arm upw. flg., arms chg, 1-2.
7. Neck firm and ft. sdw. pl., chest rais.
8. Hips firm, jump over chairs.
9. Arm fig. sdw. with chest rais.
10. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Arms fwd. bnd., arm flg. sdw., 10 cts., pos.
2. Hips firm, deep knee bnd. and stret.
4. Arm cir.
3. Chest rais.

LESSON XXVII.

1. Order mvts., march steps and fac.
2. Arms fwd. bnd., arm flg. sdw. and ft. pl. sdw. in series.
3. Arms upw. bnd. and ft. sdw. pl., hd. bk. bnd.
4. Arm stret. in various directions.
5. Hips firm, ft. close, lft. (rt.) knee upw. bnd., arms upw. bnd., hns. chg., pos.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., arms sdw. stret., arms bnd, pos.
7. Hips firm, alt. knee bnd. upw.
8. Stride spring jump.
9. Arm cir.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes, 10 cts.

2. Hips firm, prepare for jump in series.
3. Chest rais.
4. Arm flg. sdw. with breath.

LESSON XXVIII.

1. Order mvts., march.
2. Arms upw. bnd. and heels raise, arms upw. stret. and knees bnd., arm part. 1-2, arms bnd. and knees stret., hns. pos. and heels sk.
3. Arms hlf. sdw. bnd. and lft. (rt.) ft. ouw. pl., hd. bkw. bnd.
4. Double arm stret. upw. and dwn. (twice in each direction).
5. Arms fwd. bnd. and ft. close, lft. (rt.) ft. fwd. pl., heels raise, arms sdw. flg., arms bnd., heels sk., ft. repl., ft. open, pos.
6. Arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., arm rotation.
7. Arms fwd. bnd. and ft. sdw. pl., arms sdw. flg. and chest raise, arms bnd. and chest sk., jump pos.
8. Free jump fac. 90 degrees lft. and rt.
9. Chest rais. with outw. turn of hns.
10. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 8 cts.
2. Spring jump with heel rais.
3. Arms fwd. bnd., arms flg. sdw. and chest rais.
4. Chest rais.

LESSON XXIX.

1. Order mvts., march and run.
2. Arms fwd. bnd., and lft. (rt.) ft. outw. pl., arms sdw. flg. and heels raise, arms bnd. and heels sk., hns. pos. and ft. repl. In series.
3. Hips firm and ft. close, hd. bk. bnd.
4. Arm stret. in all directions.
5. Hips firm, lft. (rt.) leg sdw. raise.
6. Hips firm, ft. sdw. pl., trk. fwd. bnd., neck firm, hns, chg, trk. raise.
7. Hips firm, alt. knee bnd. upw.
8. Jump fac. 180 degrees lft. and rt.
9. Arm cir.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump, 8 cts.
2. Run on toes in pl., 8 cts.
3. Chest rais.
4. Arm cir.

LESSON XXX.

1. Order mvts., march steps.
2. Arms upw. bnd. and lft. ft. sdw. pl. arms sdw. stret. arms bnd., hns. pos. and ft. repl. In series.
3. Hips firm and ft. close, hd. bk. bnd.
4. Arm ext. in all direction. Arm flg.
5. Hips firm, lft. (rt.) knee upw. bnd., outw. move, fwd. move, ft. repl.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., arms stret. upw., trk. raise.

7. Arms fwd. upw. flg. and chest raise, hns. pos. and chest sk.
8. Jump, one start step fwd.
9. Chest rais.
10. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Arms upw. bnd., arm stret. upw. with heel rais., 10 cts.
2. Run on toes in pl.
3. Arm flg. sdw. with breath.
4. Chest rais.

LESSON XXXI.

1. Order mvts., march., run., fac.
2. Arms upw. bnd., heels rais. arm stret. sdw. and knee bnd. by ct. 1-2.
3. Neck firm and ft. sdw. pl., hd. bkw. bnd.
4. Arms upw. bnd., slowly upw. stret.
5. Arms hlf. sdw. bnd. and ft. close. lft. (rt.) knee upw. bnd. knee bkw. stret., upw. bnd., ft. repl.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., arm stret. sdw., trk. rais. pos.
7. Hips firm, alt. knee bnd. upw.
8. Jump fac. 180 degrees and return.
9. Arm cir.
10. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Prepare for jump in series.
2. Stride spring jump, 10 cts.
3. Arm cir.
4. Chest rais.

LESSON XXXII.

1. Order mvts., march., fac., run.
2. Arms sdw. rais. and heels raise, arms upw. raise and knees bnd., arms sdw. sk. and knees stret., arms and heels sk., by ct. 1, 2, 3, 4.
3. Arms fwd. bnd., arm flg. sdw. with chest rais. and bkwd. bnd. of bnd. of hd. 1-2
4. Double arm ext.
5. Hips firm, heels raise, with knee bnd. upw. march in pl., with lft. ft. start, halt, 1, 2, 3,.
6. Arms fwd. stret. and ft. sdw. pl., trk., fwd., bnd., arm flg. sdw., 1, 2, trk. raise, pos.
7. Arms upw. stret. and ft. sdw. pl., chest rais., arm part, 1, 2, chest sk., jump pos.
8. Jump two start steps fwd.
9. Arm rais. sdw. with chest rais. and heel rais.
10. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Arms upw. bnd. and heels raise, arm stret. sdw. with knee bnd., 10 cts.
2. Stride spring jump.
3. Chest rais.
4. Arm cir.

GYMNASTIC DAY'S ORDERS,
GRADES 7, 8 AND 9.

“Health is the vital principle of bliss, and exercise of health.”

—THOMPSON.

GYMNASTIC DAY'S ORDER.

GRADES 7, 8 AND 9.

LESSON I.

1. Order mvts., fwd., rt. and lft. dress, lft. and rt. face.
2. Hips firm, heels raise, knees bnd., knees stret., heels sk.
3. Hips firm, hd. bk. bnd., raise.
4. Arms upw. and dwn. stret.
5. Hips firm, ft. close, heels raise, sk.
6. Hips firm, ft. sdw. pl., trk. fwd. bnd., raise, jump pos.
7. Neck firm, ft. sdw. pl., chest raise, sk.
8. Arms upw. bnd., trk. lft. (rt.) twist, fwd. twist, pos.
9. Hips firm, prepare for jump, 1, 2,-3, 4.
10. Arm rais. sdw., deep breath.
11. Marching.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless. Windows OPEN.

1. Hips firm, rise on toes, 10 cts.
2. Hips firm, alt. knee bnd. upw.
3. Arm rais. sdw. with chest rais.
4. Arm circumduction.

LESSON II.

1. Order mvts., fwd., rt. and lft. dress, lft. and rt. face.
2. Hips firm, ft. pl. fwd., outw. and sdw.
3. Arms hlf. sdw. bnd., pos.
4. Arms upw., sdw. and dwn. stret.
5. Neck firm, lft. ft. fwd. pl., heels raise, sk., hns. and ft. chg.
6. Arms fwd. bnd., trk. fwd. bnd., raise, pos.
7. Hips firm, alt. knee bnd upw.
8. Hips firm and ft. sdw. pl., trk. lft. (rt.) bnd.
9. Hips firm, free jump in pl.
10. Arm cir.
11. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, run on toes in pl.
2. Hips firm, stride spring jump.
3. Chest rais.
4. Arm flg. sdw. with breath.

LESSON III.

1. Order mvts., fac.
2. Ft. pl. sdw. and arm rais. sdw. in series, lft. start.
3. Hips firm, hd. bk. bnd. raise.
4. Arms upw., sdw. and dwn. stret.
5. Hips firm, ft. close, heels raise, sk.
6. Arms sdw. stret., arm rotation.
7. Arms upw. stret. and ft. sdw. pl., chest raise, sk.
8. Neck firm and ft. sdw. pl., trk. lft. (rt.) twist.
9. Hips firm, free jump in pl.
10. Arms rais. sdw., deep breath.
11. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, ft. sdw. pl., rise on toes, 10 cts., jump pos.
2. Hips firm, knees bnd., stret., 8 times.
3. Arms rais. sdw. with chest rais.
4. Arm cir.

LESSON IV.

1. Order mvts., fwd., rt. and lft. dress, lft. and rt. face.
2. Hips firm, prepare for jump in series.
3. Arms hlf. sdw. bnd., chest raise, sk.
4. Arms upw., bk. and dwn. stret.

5. Hips firm, lft. (rt.) knee upw. bnd., ft. repl.
6. Neck firm, ft. sdw. pl., trk. fwd. bnd., raise, pos.
7. Hips firm, alt. knee bnd. upw.
8. Arms sdw. stret. and ft. sdw. pl., trk. lft. (rt.) bnd., trk. raise, pos.
9. Hips firm, jump fac. 90 degrees lft. and rt.
10. Arm cir.
11. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump, 10 cts.
2. Rise on toes, 10 cts., jump on toes, 10 cts.
3. Arm cir.
4. Chest rais.

LESSON V.

1. Order mvts., number by twos, lft., rt. and about face.
2. Hips firm, heels raise, knees deep bnd., knees stret., heels sk., pos.
3. Arms fwd. bnd. and lft. (rt.) fwd. pl., arms sdw. flg. and chest raise arms bnd. and chest sk., hns. and ft. chg.
4. Arms upw., sdw., bkw. and dwn. stret.
5. Arms sdw. raise and ft. close, heels raise, sk., pos.
6. Arms fwd. bnd. and ft. sdw. pl., trk. fwd. bnd., trk. raise, pos.
7. Hips firm, alt. knee bnd. upw.
8. Hips firm and ft. sdw. pl., trk. lft. (rt.) bnd.
9. Hips firm, stride spring jump (ft. apart, together etc.).
10. Arm cir.
11. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Prepare for jump in series.
2. Stride spring jump.
3. Arm rais. sdw. with deep breath.
4. Arm cir.

LESSON VI.

1. Order mvts., number by twos, lft., rt. and about face.
2. Arms upw. bnd. and heels raise, arms sdw. stret. and knees bnd., arms bnd. and knees stret., hnds. pos. and heels sk.
3. Neck firm, hd. bkw. bnd., with deep breath.
4. Lft. arm upw., rt. arm dwn. stret.
5. Arms hlf. sdw. bnd. and ft. close, lft. (rt.) ft. fwd. pl., heels raise, sk.
6. Arms fwd. stret. and ft. sdw. pl., trk. fwd. bnd., arm flg. sdw., trk. raise, jump pos.
7. Arms upw. stret. and ft. sdw. pl., chest raise, sk., jump pos.
8. Neck firm and ft. close, trk. lft. (rt.) twist, fwd. twist, pos.
9. Hips firm, free jump in pl.
10. Arms rais. sdw. with deep and heels rais.
11. Running.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, stride spring jump.
2. Hips firm, alt. knee bnd. upw.
3. Arm flg. sdw. with breath.
4. Chest rais.

LESSON VII.

1. Order mvts., march steps and fac.
2. Hips firm, lft. (rt.) ft. fwd., ouw. and sdw. pl. with heel rais.
3. Arms hlf. fwd. bnd., arm rotation to hlf. sdw. bnd.
4. Double arm ext. upw. and dwn.
5. Hips firm, lft. (rt.) leg sdw. raise, repl., pos.
6. Arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., arm rotation, trk. raise, pos.
7. Hips firm, alt. knee bnd. upw.
8. Arms sdw. stret., lft. (rt.) ft. ouw. pl., trk. lft. (rt.) twist, fwd. twist, pos.
9. Hips firm, stride spring jump.
10. Arms rais. sdw. with heel rais. and breath.
11. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes, 10 cts.
2. Hips firm, heels raise, alt. knee bnd. upw.
3. Chest rais.
4. Arm cir.

LESSON VIII.

1. Order mvts., march steps and fac.
2. Hips firm, alt. toe and heel rais.
3. Arms upw. bnd. and lft. (rt.) ft. fwd. pl., hd. bkw. bnd., raise, pos.
4. Lft. arm sdw., rt. arm bkw. stret., arms chg.
5. Arms sdw. raise, and lft. (rt.) leg sdw. raise, pos.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., arms sdw. stret
7. Arms fwd. upw. flg. and chest raise, sdw. dwn. and chest sk.

8. Neck firm and ft. close, trk. lft. (rt.) bnd., trk. raise, pos.
9. Hips firm, jump fac. 90 degrees lft. and rt.
10. Arm cir.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, prepare for jump in series.
2. Hips firm, jump on toes, 10 cts.
3. Chest rais.
4. Arms rais. sdw. with breath.

LESSON IX.

1. Order mvts., two march steps fwd. and bkw.
2. Arms fwd. bnd., arm flg. sdw. and ft. pl. sdw. in series.
3. Arms fwd. bnd. and ft. close, hd. bkw. bnd.
4. Arm ext. upw., sdw., bkw. and dwn.
5. Hips firm, lft. knee upw. bnd., quickly ft. chg.
6. Trk. fwd. bnd., lft. arm fwd. upw. flg., arms chg.
7. Arms fwd. upw. flg., chest raise, sk.
8. Arms upw. stret. and ft. close, trk. lft. (rt.) twist.
9. Spring jump with heel rais. (ft. apart, together, heels raise, sk.).
10. Arm cir.
11. March, tip-toe.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Alt. toe and heel rais.
2. Hips firm, heels raise, deep knee bnd.
3. Chest rais.
4. Arm cir.

LESSON X.

1. Order mvts., two march steps fwd. and bkw.
2. Arms fwd. flg. and lft. (rt.) ft. fwd. pl., with turning of hns., arms sdw. flg. and heels raise, arms fwd. flg. and heel sk., hns. pos. and ft. repl. In series.
3. Hd. bnd. bkw. with outw. turn. of hns.
4. Arms upw. bnd., arms slowly upw. stret.
5. Hips firm and ft. close, heels raise, slow march fwd. and bkw. begin. with lft. ft.
6. Arms fwd. bnd. and ft. sdw. pl., trk. fwd. bnd., swimming mvts., 1-2-3.
7. Arms upw. stret. and ft. sdw. pl., chest raise, arm part., 1-2, chest sk., jump pos.
8. Arms hlf. sdw. bnd. and lft. (rt.) ft. outw. pl., trk. lft. (rt.) twist, lft. (rt.) bnd., raise, trk. fwd. twist, pos.
9. Hips firm, jump fwd. one start step.
10. Chest rais.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, ft. sdw. pl., jump on toes 10 cts., pos.
2. Hips firm, knees bnd. stret., 8 times.
3. Chest rais.
4. Arm cir.

LESSON XI.

1. Order mvts., march steps and fac.
2. Hips firm, heels raise, slowly knees deep bnd.
3. Hips firm and lft. ft. fwd. pl., hd. bkw. bnd., raise, hns. and ft. chg.
4. Arm ext. in various directions.

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5. Arms upw. bnd., lft. (rt.) knee upw. bnd., arms sdw. stret., arms bnd., pos.
6. Arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., hns. turn, arm flg. upw. 1-2.
7. Hips firm, alt. knee bnd. upw.
8. Hips firm and ft. sdw. pl., trk. lft. (rt.) twist.
9. Hips firm, spring jump with heels rais.
10. Chest rais.
11. March, tip-toe.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes, 10 cts.
2. Prepare for jump in series.
3. Chest rais.
4. Arm flg. sdw. with deep breath.

LESSON XII.

1. Order mvts., march steps and fac.
2. Arms upw. bnd. and lft. (rt.) ft. sdw. pl., arms sdw. stret. and heels raise, arms bnd. and heels sk., hns. pos. and ft. repl. In series.
3. Arms fwd. bnd. and ft. sdw. pl., arm flg. sdw. with chest rais. and bkw. bnd. of hd.
4. Alt. arm ext.
5. Arms hlf. sdw. bnd., ft. close, lft. (rt.) ft. fwd. pl., heels raise, arms upw. stret., hlf. sdw. bnd., heels sk., ft. repl., pos.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., palms up, arms sdw. stret.
7. Neck firm and ft. sdw. pl., chest raising.
9. Jump fwd. one start step.

8. Arms upw. bnd. and ft. sdw. pl., trk. lft. (rt.) bnd.
10. Arm cir.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Spring jump with heel rais.
2. Hips firm, deep knee bnd.
3. Arm rais. sdw. with chest rais.
4. Arm cir.

LESSON XIII.

1. Order mvts., march steps and fac.
2. Arms upw. bnd., arm ext. sdw. with knee bnd. by ct., 1-2.
3. Neck firm and ft. close, hd. bk. bnd.
4. Double arm ext. in all directions.
5. Hips firm, lft. (rt.) knee upw. bnd., bk. stret., upw. bnd., ft. repl.
6. Arms upw. stret. and ft. sdw. pl., trk. fwd. dwn. bnd., trk. raise, pos.
7. Hips firm, alt. knee bnd. upw.
8. Arms fwd. bnd. and lft. (rt.) ft. outw. pl., trk. lft. (rt.) twist, arms sdw. flg., arms bnd., trk. fwd. twist, pos.
9. Hips firm, jump fac. 180 degrees lft. (rt.) and return.
10. Arm cir.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 10 cts.
2. Run on toes in pl., 10 cts.
3. Chest rais.
4. Arm cir.

LESSON XIV.

1. Order mvts., march steps and fac.
2. Arms upw. bnd., heels raise, knee bnd., arm ext. upw. 1-2.
3. Arms sdw. stret. and ft. sdw. pl., arm circling with chest rais.
4. Arm ext. in all directions.
5. With palms up, arms sdw. stret. and ft. close, heels raise, arms upw. raise, heels sk., pos.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., alt. arm ext. sdw. 1, 2.
7. Hips firm, heels raise, knees deep bnd., kneeling pos. pl., chest raise, sk.
8. Arms sdw. stret. and ft. sdw. pl., trk. lft. (rt.) bnd.
9. Hips firm, lft. leg sdw. raise, spring jump (leg flg. sdw.).
10. Chest rais.
11. March, lft. about.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump, 8 cts.
2. Run on toes in pl., 8 cts.
3. Chest rais.
4. Arm cir.

LESSON XV.

1. Order mvts., march steps and fac.
2. Arms upw. bnd., heels raise, arm ext. upw. with deep knee bnd. by ct.
3. Neck firm and ft. sdw. pl., hd. bkw. bnd.
4. Alt. arm ext.
5. Hips firm, with upw. bnd. and stret. of knee, slow march fwd, 1, 2, 3.

N O R M A L S C H O O L B U L L E T I N

6. Hlf. lft. (rt.) face, hips firm, rt. (lft.) outw. fall out.
7. Sitt. on desks, arms hlf. sdw. bnd., chest raise and hd. bkw. bnd., std. pos. std.
8. Arms upw. stret and ft. sdw. pl., trk. lft. (rt.) twist, arm part, 1-2.
9. Hips firm, jump fac. 360 degrees.
10. Chest rais. with outw. turn. of hns.
11. March., lft. (rt.) about and halt.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Stride spring jump.
2. Prepare for jump in series.
3. Arm cir.
4. Chest rais.

LESSON XVI.

1. Order mvts., march steps and fac.
2. Arms fwd. bnd. and lft. (rt.) ft. outw. pl., arms sdw. flg. and heels raise arms bnd. and heels sk., hns. pos. and ft. repl. In series.
3. Arms sdw. stret. and ft. sdw. pl., arm rotation with chest raise and hd. bkw. bnd.
4. Double arm ext.
5. Neck firm, lft. (rt.) knee upw. bnd., outw. move, ft. repl.
6. Hips firm, lft. (rt.) fwd. fall out.
7. Hips firm, alt. knee bnd. upw.
8. Hips firm and ft. sdw. pl., trk. lft. (rt.) bnd.
9. Hips firm, lft. ft. fwd. pl., spring jump (quick chg. of ft. fwd. and bkw.).
10. Arm cir.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Jump on toes in pl., 10 cts.
2. Spring jump with heel rais.
3. Chest rais.
4. Arm rais. sdw. with breath.

LESSON XVII.

1. Order mvts., fac.
2. Ft. pl. sdw. and arm rais. sdw. in series, lft. start.
3. Hips firm, hd. bk. bnd.
4. Arms upw., sdw. and dwn. stret.
5. Hips firm, lft. (rt.) knee upw. bnd., ft. repl.
6. Arms sdw. stret., arm rotation.
7. Arms upw. stret. and ft. sdw. pl., chest raise, sk.
8. Neck firm and ft. close, trk. lft. (rt.) twist.
9. Hips firm, stride spring jump.
10. Arm rais. sdw. with deep breath.
11. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, rise on toes, 10 cts.
2. Hips firm, alt. knee bnd. upw.
3. Chest rais.
4. Arm cir.

LESSON XVIII.

1. Order mvts., march steps and fac.
2. Hips firm, prepare for jump in series, go!
3. Arms hlf. sdw. bnd., chest raise. sk.
4. Arms upw. bnd., slowly upw. stret.

5. Neck firm, ft. close, heels raise, sk.
6. Neck firm, ft. sdw. pl., trk. fwd. bnd., raise.
7. Hips firm, alt. knee bnd upw.
8. Arms sdw. stret. and ft. sdw. pl., trk. lft. (rt.) bnd.
9. Hips firm, free jump in pl.
10. Arm cir.
11. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Alt. toe rais.
2. Run in pl.
3. Arm flg. sdw. with chest rais.
4. Arm cir.

LESSON XIX.

1. Order mvts., lft. rt. and about fac.
2. Hips firm, heels raise, knees deep bnd.
3. Neck firm, deep breath, chest rais., sk.
4. Arms upw. sdw. and down. stret.
5. Arms sdw. raise. and ft. close, lft. (rt.) ft. fwd. pl., heels raise, sk.
6. Lft. hip, rt. neck firm, trk. fwd. bnd., hns. chg.
7. Neck firm and ft. close, chest raise, sk.
8. Hips firm and ft sdw. pl., trk. lft. (rt.) bnd.
9. Stride spring jump.
10. Arm rais. sdw. with chest rais. and heel rais.
11. March, tip-toe.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, ft. sdw. pl., rise on toes, 10 cts.
2. Hips firm, knees bnd. and stret. 8 times.

3. Arm rais. sdw. with chest rais.
4. Arm cir.

LESSON XX.

1. Order mvts., march steps and fac.
2. Arms fwd. bnd. and lft. (rt.) ft. outw. pl., arms sdw. flg., arms bnd. hns. pos. and ft. repl. In series.
3. Arms upw. bnd. and lft. (rt.) ft. fwd. pl., hd. bk. bnd.
4. Lft. arm upw., rt. arm sdw. stret., arm chg.
5. Neck firm and ft. close, lft. (rt.) knee upw. bnd.
6. Arms hlf. sdw. bnd. and ft. sdw. pl., trk. fwd. bnd.
7. Hips firm, alt. knee bnd. upw.
8. Neck firm and ft. sdw. pl., trk. lft. (rt.) twist.
9. Free jump in pl.
10. Arm cir.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes in pl, 10 cts.
2. Hips firm, deep knee bnd.
3. Chest rais.
4. Arm flg. sdw., breath.

LESSON XXI.

1. Order mvts., march.
2. Arms upw. stret., heels raise, knees bnd., arm part. 1-2.
3. Neck firm and ft. sdw. pl., chest raise and hd. bk. bnd.
4. Double arm stret. upw., sdw. and dwn.
5. Hips firm, lft. (rt.) knee upw. bnd., fwd. stret., knee upw. bnd., ft. repl.
6. Arms upw. stret. and ft. sdw. pl., trk. fwd. bnd., arm part.

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7. Arms upw. stret. and ft. sdw. pl., chest raise, arm part, 1-2. Chest sk.
8. Arms upw. bnd. and lft. (rt.) ft. outw. pl., trk. lft. (rt.) twist.
9. Free jump fac. 90 degrees lft. and rt.
10. Arm cir.
11. March.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Hips firm, prepare for jump in series.
2. Hips firm, stride spring jump.
3. Arms rais. sdw. with deep breath.
4. Arm cir.

LESSON XXII.

1. Order mvts., fac.
2. Hips firm, heels raise, knees slowly bnd.
3. Arms hlf. fwd. bnd., arm rotation.
4. Lft. arm sdw., rt. arm bk. stret., arms chg.
5. Neck firm, lft. (rt.) leg sdw. raise.
6. Arms upw. bnd. and ft. sdw. pl., trk. fwd. bnd., alt. arm stret. up., 1, 2.
7. Hips firm, alt. knee bnd. upw.
8. Arms upw. bnd. and lft. (rt.) ft. sdw. pl., trk. lft. (rt.) bnd.
9. Spring jump with heel rais.
10. Arm rais. sdw., deep breath and heel rais.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Run on toes in pl.

2. Spring jump with heel rais.
3. Chest rais.
4. Arm cir.

LESSON XXIII.

1. Order mvts., march.
2. Hips firm and lft. (rt.) ft. outw. pl., heels raise, knees bnd., knees stret., heels sk., hns. and ft. chg.
3. Hips firm and ft. sdw. pl., chest rais. with bkw. bnd. of hd.
4. Arms upw. bnd., arm stret. sdw. in series.
5. Hips firm, lft. (rt.) knee upw. bnd., outw. move, fwd. move, pos.
6. With palms up, arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., double arm flg. upw., 1-2.
7. Hips firm, alt. knee bnd. upw.
8. Sitt. on desks, hips firm, trk. lft. (rt.) twist.
9. Hips firm, spring jump with heel rais.
10. Arm cir.
11. March lft. about.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes, 10 cts.
2. Hips firm, heels raise, alt. knee bnd upw.
3. Arm cir.
4. Deep breath.

LESSON XXIV.

1. Order mvts., march steps and fac.
2. Hips firm, heels raise, knee bnd., alt. hd. twist, 1, 2, 3, 4, knees stret., heels sk.
3. Neck firm and ft. close, hd bkw. bnd.
4. Arms upw. bnd., arm stret sdw. and upw. in series.

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5. Hips firm, lft. (rt.) knee upw. bnd., knee bkw. stret., upw. bnd., ft. repl.
6. Hips firm, and ft. sdw. pl., trk. fwd. dwn. bnd.
7. Sitt. on desks, neck firm, chest rais. with bkw. bnd. of hd.
8. Neck firm and ft. close, trk. lft. (rt.) twist.
9. Jump fwd., one start step.
10. Arm rais. sdw. with deep breath. and heel rais.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes in pl.
2. Hips firm, heels raise, alt. knee bnd. upw.
3. Arm cir.
4. Chest rais.

LESSON XXV.

1. Order mvts., one, two and three march steps fwd. and bkw.
2. Arms upw. bnd., heels raise, knees bnd., arm ext. sdw., 1-2.
3. Arms fwd. bnd. and ft. sdw. pl., arm flg. sdw. with chest rais. and bkw. bnd. of hd.
4. Arm ext. sdw. and dwn. in series.
5. Hips firm, lft. (rt.) leg fwd. raise, rt. (lft.) knee bnd.
6. Half lft. (rt.) face, hips firm, rt. (lft.) outw. fall out.
7. Sitt. on desks, arms hlf. sdw. bnd., chest raise, sk.
8. Sitt. on desks, arms upw. stret., trk. lft. and rt. twist.
9. Hips firm, lft. leg sdw. raise, spring jump sdw.
10. Arm cir.
11. March, rt. about.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Alt. toe and heel rais.
2. Hips firm, deep knee bnd.
3. Chest rais.
4. Arm cir.

LESSON XXVI.

1. Order mvts., march steps.
2. Arms upw. bnd., heels raise, knees deep bnd., arm ext. upw.
3. Arms sdw. stret., arm rotation with chest rais. and bk. bnd. of hd.
4. Arms upw. bnd., lft. arm sdw. stret., chg. of arms in series.
5. Neck firm, lft. (rt.) leg bk. raise.
6. Hips firm, lft. (rt.) fwd. fallout.
7. Arms upw. stret. and ft. sdw. pl., chest rais.
8. Sitt. on desks, neck firm, trk. lft. and rt. bnd.
9. Jump fac. 180 degrees and return.
10. Chest rais. with outw. turn. of hns.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Spring jump.
2. Run on toes in pl.
3. Chest rais.
4. Arm fig. sdw., chest rais.

LESSON XXVII.

1. Order mvts., march steps and fac.
2. With palms up, arms sdw. stret., heels rais. arm rais. upw. and knee bnd., 1-2.

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3. Arms hlf. sdw. bnd. and ft. sdw. pl., hd. bkw. bnd.
4. Arm ext. in series.
5. Hips firm and ft. close, lft. (rt.) knee upw. bnd., fwd. stret., upw. bnd., bkw. stret., upw bnd., ft. repl.
6. Hlf. lft. (rt.) face, rt. (lft.) outw. fallout.
7. Sitt. on desks, arms hlf. fwd. bnd., arms hlf. sdw. bnd. with chest rais. and bkw. bnd. of hd.
8. Sitt. on desks, neck firm, trk. lft. (rt.) twist, rt. (lft.) bnd., trk. raise, fwd. twist.
9. Jump two start steps fwd.
10. Arm rais. sdw. with chest rais.
11. March, to the rear.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Rise on toes, 10 cts.
2. Prepare for jump in series.
3. Chest rais.
4. Arm flg. sdw. with breath.

LESSON XXVIII.

1. Order mvts., march steps and fac.
2. Arms upw. bnd., heels. raise, arm stret. sdw. with knee bnd. by ct.
3. Neck firm, hd. bkw. bnd.
4. Double arm ext. upw., sdw., bkw. and dwn.
5. With palms up, arms sdw. stret. and ft. close, heels raise, arms upw. raise, heels sk., pos.
6. Arms sdw. stret. and ft. sdw. pl., trk. fwd. bnd., hd. rotation.
7. Sitt. on desks, neck firm, chest raise and hd. bkw. bnd.
8. Arms sdw. raise and lft. ft. sdw. pl., trk. lft. bnd.

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9. Hips firm, lft. leg sdw. raise, spring jump, leg flg. sdw.
10. Arm rais. sdw. with chest rais.
11. March., to the rear.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Arms upw. bnd. and heels raise, arm stret. sdw. with knee bnd., 10 cts.
2. Stride spring jump.
3. Arm cir.
4. Chest rais.

LESSON XXIX.

1. Order mvts., march.
2. Arms upw. bnd. and heels raise, arms upw. stret. and knees bnd., arm part. 1, 2, arms bnd. and knees stret., hns. pos. and heels sk.
3. Arms fwd. bnd. and ft. sdw. pl., arms sdw. flg. and hd. bkw. bnd.
4. Arm ext. in all directions.
5. Arms hlf. sdw. bnd., lft. (rt.) leg sdw. raise, arm ext. upw. 1-2.
6. Hips firm, lft. (rt.) bkw. fallout.
7. Sitt. on desks., arms upw. stret., trk. gently bkw. bnd. (move only the UPPER part of the body, i. e., hd., chest and shoulders).
8. Arms upw. bnd. and ft. sdw. pl., trk. lft. (rt.) twist, arm ext. upw., 1, 2.
9. Hips firm, lft. ft. fwd. pl., heels raise, spring jump, quick chg. of ft. fwd. and bkw.
10. Arm cir.
11. March, to the rear.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Spring jump, 8 cts.
2. Run on toes in pl., 8 cts.
3. Chest rais.
4. Arm cir.

LESSON XXX.

1. Order mvts., march.
2. Arms upw. bnd., heels raise, arm stret. upw. and knee bnd., by ct.
3. Arms upw. stret. and ft. sdw. pl., chest raise, and hd. bk. bnd.
4. Double arm extentions.
5. Hips firm, ft. close, heels raise, slow march fwd. and bk.
6. Hips firm, toe support pos. pl.
7. Hips firm, one half knee, pos. pl., 1-2.
8. Arms upw. stret. and lft. (rt.) ft. fwd. pl., trk. lft. (rt.) twist, arm part. 1-2.
9. Free jump fac., 360 degrees lft. and rt.
10. Arms fwd. bnd., arm flg. sdw. and chest raise.
11. Run.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Arms upw. bnd., arm stret. upw. with heel rais., 10 cts.
2. Run on toes in pl.
3. Arm flg. sdw. with breath.
4. Chest rais.

LESSON XXXI.

1. Order mvts., march steps and fac.
2. With palms up, arms sdw. stret., heels raise, arms rais, upw. with deep knee bnd. by ct., 1-2.
3. Neck firm and ft. sdw. pl., hd. bkw. bnd.
4. Alt. arm ext.
5. Hips firm, lft. (rt.) knee upw. bnd., quickly ft. chg.
6. Neck firm and lft. (rt.) ft. sdw. pl., trk. fwd. bnd., trk. raise, hns. pos. and ft. repl. In series.
7. Hips firm, one half knee pos. pl., arms upw. stret., chest rais. with bkw. bnd of hd.
8. Sitt. on desk, arms upw. stret., trk. lft. (rt.) twist.
9. Spring jump cross step (ft. apart, together, lft ft. crossed in front of rt., ft. apart, together, lft. ft. crossed behind rt. ft., etc.
10. Arm cir.
11. March, lft and rt. about march and halt.

Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Spring jump, cross step.
2. Prepare for jump in series.
3. Arm cir.
4. Chest rais.

LESSON XXXII.

1. Order mvts., march, fac.
2. Arms upw. bnd. and heels raise, arms upw. stret. and knees bnd., arm part. 1-2, arms bnd. and knees stret., hns. pos. and heels sk. In series.
3. Arms hlf. fwd. bnd. and ft. sdw. pl., arms hlf. sdw. bnd. with chest rais. and bkw. bnd. of hd.

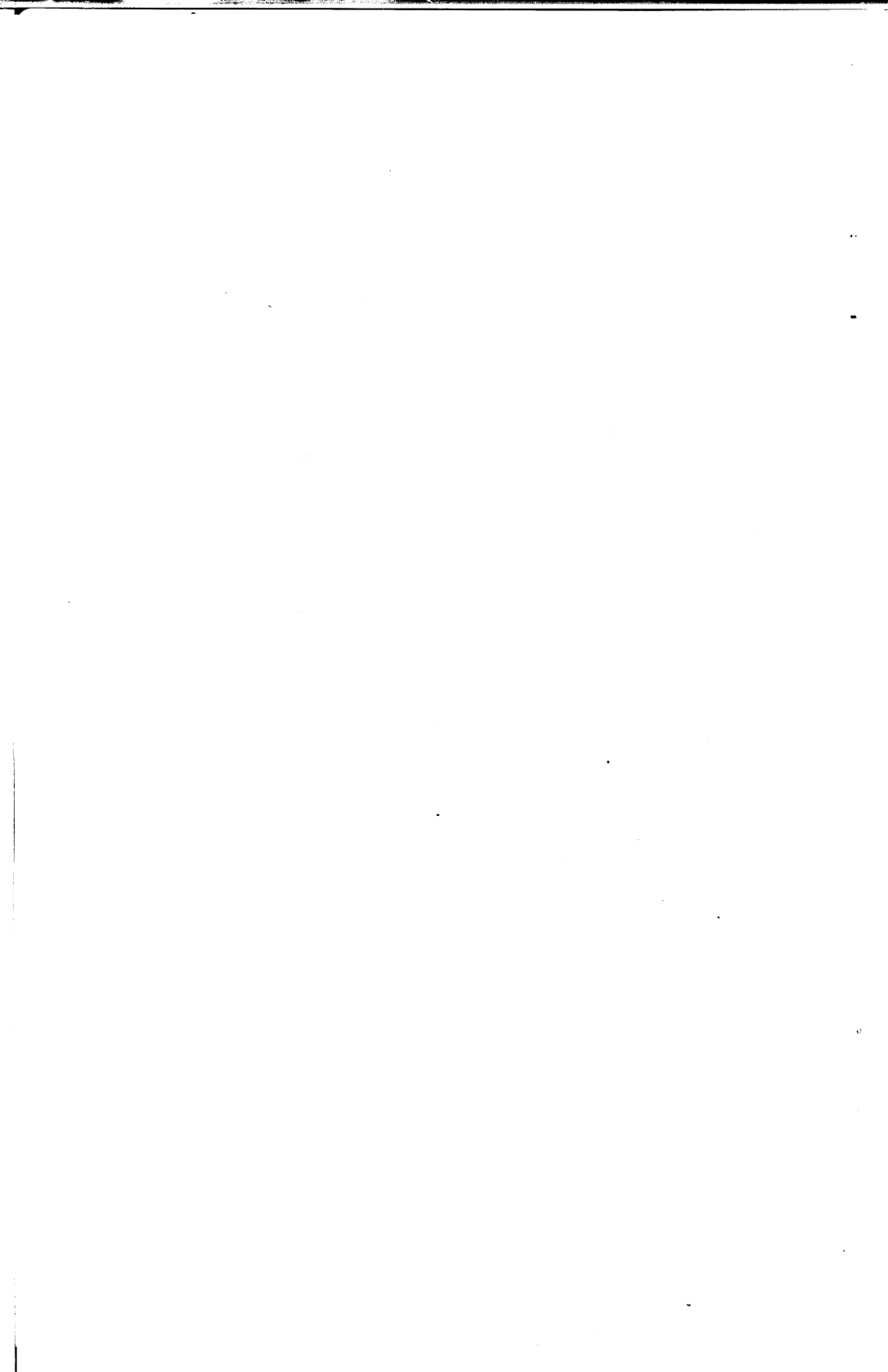
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4. Double arm ext.
5. Arms fwd. raise and lft. (rt.) leg bkw. raise, arms upw. flg. and rt. (lft.) heel raise, arms fwd. sk. and heel sk., pos.
6. Neck firm and lft. (rt.) fwd. fallout, hns. and ft. chg., 1-2.
7. Sitt. on desk, arms fwd. bnd., chest rais. and hd. bkw. bnd., arms sdw. flg., arms bnd., chest sk.
8. Arms hlf. sdw. bnd. and ft. sdw. pl., trk. lft. (rt.) bnd.
9. Hips firm, jump fac. 180 degrees and 360 degrees.
10. Chest rais. with ouw. turn of hns.
11. Run.

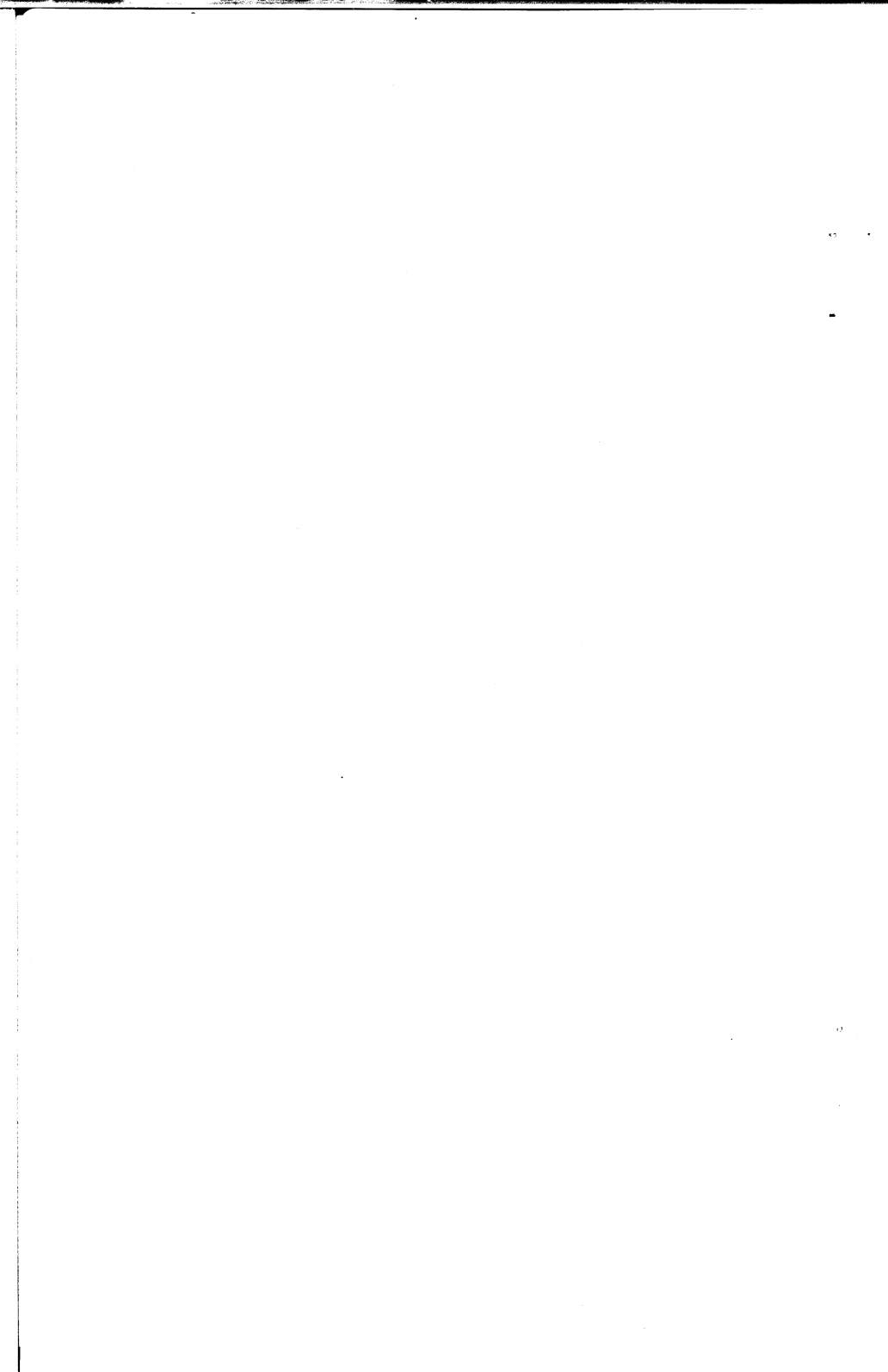
Two Minute Drill.

To be used at the close of recitation periods, when the class becomes restless.

1. Arms upw. bnd. and heels raise, arm stret. upw. with deep knee bnd., pos.
2. Spring jump with heels rais.
3. Chest rais.
4. Arm cir.



NOMENCLATURE.



NOMENCLATURE.

Alt.....	alternate
Bkw.....	backward
Bnd.....	bend or bending
Breath.....	breathe or breathing
Cts.....	count or counts
Chg.....	change or changing
Dwn.....	down or downward
Ext.....	extension
Ft.....	foot or feet
Fwd.....	forward
Hd.....	head
Hlf.....	half
Hns.....	hands
Kneel.....	kneel or kneeling
Lft.....	left
Mvts.....	movements
Outw.....	outward
Part.....	parting
Pl.....	place or placing
Pos.....	position
Rt.....	right
Rais.....	raise or raising
Sdw.....	side or sideways
Sitt.....	sit or sitting
Sk.....	sink or sinking
Stret.....	stretch or stretching
Trk.....	trunk
Turn.....	turn or turning
Upw.....	upward



MISCELLANEOUS ACTIVE GAMES.

“Men grow old because they stop playing, and not
conversely, for play is, at bottom, growth.”

—G. STANLEY HALL.

MISCELLANEOUS ACTIVE GAMES.

“CAT AND MICE”.

Schoolroom. 5 to 60 players. Grade 1 to 5.

One player is chosen to be cat, and hides behind or under the teacher's desk. After the cat is hidden, the teacher beckons to five or six other players, who creep softly up to the desk, and when all are assembled, scratch on it with their fingers, to represent the nibbling of mice. As soon as the cat hears this, she scrambles out from under the desk and gives chase to the mice, who save themselves only by getting back to their holes (seats). If a mouse is caught, the cat changes places with him for the next round of the game. If a mouse is not caught, the same cat may continue, or the teacher may choose another at her discretion.

A different set of mice should be chosen each time, so as to give all of the players an opportunity to join in the game.

“GOOD MORNING”.

Schoolroom. 10 to 60 players. Grade 1 to 4.

One player blinds his eyes. He may do this by going to a corner of the room and facing the wall, with his hand over his eyes; or a pretty method is to have him go to the teacher or leader, with his face hidden in her lap, and her hands on either side of his head, like the blinders of a horse.

The teacher then silently points to some other player in the class, who rises at once and says, “Good morning, William!” (or whatever the child's name may be). The little guesser, if he has recognized the voice, responds with “Good morning, Henry!” (or other name). If he does not guess the voice after the first greeting, the child may be required to repeat it, until the guesser has had three trials.

Should he fail on the third trial, he turns around to see who the player was, and change places with him. If he names the right player, the guesser retains his position until he fails to guess the voice of the one greeting him, one player after another being required to stand and give the greeting "Good morning".

When the pupils have become proficient in the guesser's place, the others should be required to change their seats after the guesser has blinded his eyes, so that he will not be assisted in his judgment by the direction from which the voice comes, which is very easily the case where the other players are in their accustomed seats.

"SHEEPFOLD".

Playground. 10 to 30 players. Grades 1 to 7.

A ring is formed, a sheep inside and a wolf outside. The wolf tries to break into the ring through the joined hands or by ducking under them. If he succeeds the sheep is let out, but the circle closes to hinder the wolf. If the wolf succeeds in catching the sheep, the one who let the wolf pass must be wolf and his companion the sheep. This game is sometimes called "Cat and Rat".

"CENTER BASE".

Hall or playground. 10 to 30 players. Grades 3 to 6.

One player stands in the center of a ring with a ball, which he tosses to some child in the circle. The child catching the ball runs and places it in the center, and then gives chase to the one who threw it. If he can tag him before he returns and touches the ball, the tagger becomes thrower; otherwise the first child throws again.

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“COME WITH ME”.

Playground. 10 to 25 players. Grades 1 to 3.

The children stand in a circle. One runs around the circle and touches some one on the back, saying, “Come with me!” The two run in opposite directions. Upon meeting they take hold of hands, swing around once and then race for the vacant place.

SHEPHERDESS AND WOLF”.

Hall or playground. 10 to 30 players. Grades 1 to 4.

The shepherdess stands with all her sheep in line behind her, each with arms around the waist of the child ahead of her. The wolf stands in front facing the shepherdess. He jumps about to catch a sheep, but the shepherdess endeavors to head him off, holding out hands and turning to face him, while the sheep swing in behind her. This is a good lively game for limited space.

“PLAYING CARS”.

Schoolroom. 10 to 60 players. Grades 1 to 3.

Each player is given some part of a train to represent (the engine, whistle, passengers, conductor, etc). Being arranged in order, the engine leading, they march or run around, each imitating the part he represents, stopping at stations, etc. This game may be called “Follow the Leader”, all the children behind the leader doing everything the leader does.

“CATCH BALL”.

Schoolroom. 10 to 60 players. Grades 1 to 4.

Use a soft ball or bean bag. The children stand in rows or in a circle. The leader tosses the ball to each in turn, or

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he tosses it in the air and calls the name or number of some one to catch it. Several balls or bean bags can be used at one time.

“CHARLIE OVER THE WATER”.

Hall or playground. 10 to 60 players. Grades 1 to 3.

The children form a circle, one child being in the center. The children circle about, singing, “Charlie over the water, Charlie over the sea, Charlie catch a black fish, but can’t catch me.” At the last word all stoop, but if one is tagged before stooping he must change places with Charlie.

“CROSSING THE BROOK”.

Playground; schoolroom. 5 to 60 players. Grades 1 to 3.

A place representing a brook is marked off by two lines on the ground or floor. The players run in groups and try to jump across the brook. The player who does not cross the line representing the bank gets into the water and must run home for dry stockings, being thereafter out of the game. The successful jumpers are led to wider and wider places in the brook to jump (a new line being drawn to increase the distance), until the widest point is reached at which any player can jump successfully. This player is considered the winner.

“JACK BE NIMBLE”.

Playground; schoolroom. 10 to 60 players. Grades 1 to 3.

Some small object about six or eight inches high is placed upright on the floor to represent a candlestick. This may be a small box, book, or anything that will stand upright. The players run in single file and jump with both feet at once over the candlestick, while all repeat the old rhyme:—

“Jack be nimble,
Jack be quick,
And Jack jump over the candlestick.”

When there are more than ten players, it is advisable to have several candlesticks and several files running at once. In the schoolroom there should be a candlestick for each two rows of players, and these should encircle one row of seats as they run.

“PUSS IN THE CIRCLE”.

Playground; schoolroom. 10 to 30 players. Grades 1 to 3.

A large circle is marked on the ground or floor. One player, who is Puss, stands in the center of this circle; the other players stand outside of the circle surrounding it. These players may be tagged by Puss whenever they have a foot inside of the circle. They will make opportunity for this by stepping in and out of the circle, teasing Puss in every possible way to tag them. Any one whom Puss touches becomes a prisoner and is another Puss, joining the first Puss in the circle to help tag the others. The last one tagged is the winner of the game.

“BIRD CATCHER”.

Schoolroom; hall. 10 to 50 players. Grades 3 to 6.

The children sit in a circle, one child standing in the middle. Each takes the name of some bird. The teacher or leader tells or reads a story, bringing in the names of the birds. At the mention of his name each one must raise his hands and bring them down quickly. At mention of the owl all place hands behind the back, holding them there until another bird is mentioned. The catcher endeavors to catch a hand whenever one is moved. When a player does a wrong thing, or has one of his hands caught, he must change places with the one in the center or pay a forfeit.

“TAG GAME”.

Schoolroom. 5 to 60 players. Grades 3 to 6.

Make a chalk mark at any convenient place on the floor. The tagger stands on that spot and calls some one by name, counting ten before he starts in pursuit. The one called must pass over the place marked before he returns to his seat. If tagged before regaining his seat, he must be “it.”

“DICTIONARY”.

Schoolroom. 5 to 60 players. Grades 3 to 6.

A long word is given or written upon the board. The children make as many words as possible out of the letters of the given word. Interest in competition may be utilized to advantage in an ordinary spelling lesson. Write a list of words on the board, concealing them from the children. At the proper time disclose the words and allow three minutes for study. The child who can write the most words from memory beats. Care should be taken not to make the lists too long or too difficult.

“AUTOMOBILE RACE”.

Schoolroom. 20 to 30 players. Grades 3 to 6.

This game is played with most of the class sitting, being a relay race between alternate rows. The first child in each alternate row, at a signal from the teacher, leaves his seat on the right side, runs forward around his seat and then to the rear, completely encircling his row of seats, until his own is again reached. As soon as he is seated, the child next behind him encircles the row of seats, starting to the front on the right side and running to the rear on the left side. This continues until the last child has encircled the row and regained his seat. The remaining alternate rows then play, and lastly the two winning rows may compete for the championship.

“SCHOOLROOM BIRD CATCHER”.

Schoolroom. 5 to 60 players. Grades 3 to 6.

Two opposite corners are marked off at one end of the room, the one serving as a nest for the birds, the other as cage. A mother bird is chosen who takes her place in the nest. Two other players take the part of bird catchers and stand midway between nest and cage. The remaining players sit in their seats. All these players should be named for birds, several players taking the name of each bird. The teacher calls the name of a bird, whereupon all of the players who bear that name run for the nest, but the bird catchers try to intercept them. Should a bird be caught by the bird catcher, it is put in the cage; but a bird is safe from the bird catchers if it once reaches the nest and the mother bird.

“FLOWERS AND THE WIND”.

Schoolroom; playground 4 to 30 players. Grades 3 to 6.

The players are divided into two equal parties, each party having a home marked off at opposite ends of the room, with a neutral space between. One party represents a flower, deciding among themselves which flower they shall represent, as daisies, lilies, lilacs, etc. Then they walk over near the home line of the opposite party. The opposite players (who represent the wind) stand in a row on their line, ready to run, and guess what the flower chosen by their opponents may be. As soon as the right flower is named, the entire party owning it must turn and run home, the wind chasing them. Any players caught by the wind before reaching home become his prisoners and join them. The remaining flowers repeat their play, taking a different name each time. This continues until all of the flowers have been caught.

E A S T E R N I L L I N O I S S T A T E

“OBSERVATION”.

Schoolroom. 10 to 60 players. Grades 3 to 6.

A number of objects are placed upon a table or in the teacher's lap and covered. The children file by, the teacher disclosing the objects. Those who can, tell exactly the number of objects or name them. A number of marks may be made upon the blackboard and concealed from sight. When all are ready the marks are disclosed for an instant. The exact number is to be told. These games are easily adapted to number work, spelling, and memorizing, the period of observation being adapted to the occasion.

“HUNTING TAG”.

Playground. 5 to 60 players. Grades 3 to 6.

One is a hunter and the others are rabbits. The hunter must catch and hold the rabbit long enough to give it three slaps. The rabbit then becomes a hound and helps the hunter. The hunter can then tag only when the hound catches and holds a rabbit. Each rabbit caught becomes a hound the game continuing until all are caught. The first rabbit caught becomes the hunter in the new game.

“DODGE BALL”.

Hall; playground. 15 to 60 players. Grades 3 to 9.

Half the players form a circle, the other half standing within the circle. The players forming the circle throw the ball at those within the circle. Whoever is hit must take his place with those forming the circle. The last player left in the circle is the winner. Sometimes it is allowable to catch the ball instead of dodging it, but a fair catch must be made, or it counts against the player attempting it. This game is easily adapted to the schoolroom.

N O R M A L S C H O O L B U L L E T I N

“SPELLING GAME”.

Schoolroom. 10 to 60 players. Grades 6 to 9.

The children stand in line. The leader spells a word. The next must spell a word beginning with the last letter of the word spelled by the first child. The game goes on in a similar manner, those who miss taking their seats. The last one standing wins. The games may be played with sides. This game may be varied by confining the words to articles found in a grocery store, for example, or to the names of the children in school, and in many other ways; or a child may name the first letter of a word thought of, the next add a new letter, and so on, until a word of a number of letters previously agreed upon (as six) is spelled. When a player is unable to add a letter he must say, “Pass.” Three passes put one out of the game.

“RELAY RACE”.

Schoolroom. 10 to 60 players. Grades 6 to 9.

Teams of four runners each line up. At the signal one runner from each team starts and, upon completing the course, touches the second runner of his team, who instantly takes up the race in place of the first, and so on until the last runner of each team has started. The team which has the fourth runner in first wins the race. This is easily played in a schoolroom, the aisles being utilized for the course, only two teams racing at once.

“POTATO RACE”.

Schoolroom; playground. 10 to 60 players. Grades 6 to 9.

Potatoes or other objects are placed at intervals along the race course in as many lines as there are racers. At the signal the runners start and gather up the potatoes, one

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at a time, and place them in a basket provided for the purpose. The one who picks up all the potatoes and returns to the starting place first wins. In the schoolroom, the aisles serve as race courses.

“SERPENTINE RACE”.

Schoolroom. 10 to 60 players. Grades 6 to 9.

Several Indian clubs are placed in a line with one of the aisles, and a convenient distance apart. The same is done in front of the corresponding aisle on the other side of the room. The children choose sides. One child from each row runs over the course indicated by the teacher, and between the clubs and back again to the wall. Score is kept, each child who wins scoring a point for his side. If a club is knocked down, it must be replaced by the runner before going farther.

“CHARACTERS”.

Schoolroom. 4 to 60 players. Grades 6 to 9.

One player leaves the room. The rest agree upon some character and summon the player back. They then question him as though he were the person thought of. He must determine from their questions whom he is supposed to represent. The player asking the question which gives him the final cue to the right name of the character must be the next to leave the room.

“BEND AND STRETCH RELAY”.

Schoolroom. 20 to 60 players. Grades 6 to 9.

This game consists in a sideways passing of two or more bean bags. The bean bags should be placed on the floor in the outer aisle beside each player in one of the outside rows, say that to the left of the pupils. On the com-

mand "Go!" each player in the first row picks up a bean bag, raises it overhead, and there passes it to his own right hand, which is then extended sideways at shoulder level, where the next player takes it. The bean bags are passed across the room in this manner, each player stretching his arms high overhead when he passes the bag from his left to his right hand. The last player who receives the bag places it on the floor beside him in the outer aisle.

As soon as the first player has passed the first bean bag, he picks up the second bag by bending down to the left, then strightens upward, passes the bag over his head to his own right hand, and then bends deeply to the right and places the bean bag on the floor at his right side. The next pupil does the same, the bag being passed across the room until the last player receives it and places it on the floor. The line wins whose last player first receives the last bean bag that is passed.

"GOING TO JERUSALEM".

Schoolroom. 10 to 60 players. Grades 6 to 9.

The game starts with all the players standing ready to march. The class should march in serpentine form up one aisle and down the next, etc. There should be, for a large class, from one to six seats less than the number of players. For instance, one seat should be counted out in each row or each alternate row. The seat that is not in play may be designated by turning it up or by placing a book on the desk belonging to it. The teacher may beat time for the marching, stopping when players are to sit; or he may give a signal or a command to "Sit!" There will be several players left without seats, these members being thenceforth out of the game, retiring to one end of the room.

“STOOP GAME”.

Schoolroom. 5 to 60 players. Grades 6 to 9.

The players stand in the aisles and in front of them the leader or teacher. The teacher says quickly, “I say, stoop!” and immediately stoops himself and rises again, somewhat as in a courtesy. The players all imitate the action; but when the leader says, “I say, stand!” at the same time stooping himself, the players should remain standing. Any who make a mistake and stoop when the leader says, “I say, stand!” are out of the game.

“SIMON SAYS”.

Schoolroom. 5 to 60 players. Grades 6 to 9.

The children sit at their respective desks. The leader says, Simon says, “Hips firm”, “Neck firm”, or any other command, executing the movement himself, the others imitating him. If at any time the leader omits the words “Simon says,” and goes through the movements himself the players must stand still and not imitate his movements. Any player making a movement is out of the game and must sit down.

“JUMP THE SHOT”.

Playground. 10 to 60 players. Grades 6 to 9.

The players stand in a circle, with one in the center holding a rope with a weight on the end. The center player swings the rope around to describe a large circle on the floor, with a sufficient length of rope to place the bag in line with the feet of those in the circle. The circle players jump to avoid being caught around the ankles by the rope. Any one caught in this way must retire from the circle, the player winning who longest retains his place.

“PINCH-O”.

Playground. 5 to 30 players. Grades 6 to 9.

This is a game of chase, an advancing line (rank) of players turning and fleeing from an odd player in front of them when a signal is given. The players in the advancing line pass a “Pinch” (hand pressure) from one to another along the line, the end player calling out “Pinch!” and “O!” respectively at the start and finish of this performance. The “O” is the signal for the chaser to start. The chaser therefore watches the hands carefully to detect the pressure and know when it is approaching the end; the other players naturally try to conceal this passing of hand pressure, delaying or hastening it to take the chaser unaware. Any one tagged by the chaser must join him in tagging the players when the game is repeated. The game ends when all are caught, the last player being the winner.

“SCHOOLROOM TAG”.

Schoolroom. 10 to 60 players. Grades 6 to 9.

A circle about three feet in diameter is drawn on the floor in the front of the room and serves as a goal. One player is chosen to be It, and stands ten feet from the goal. The other players sit at their desks. The one who is It calls the name of some player, who must at once rise and try to run through the goal and return to his seat without being tagged. The chaser must also run through the goal before he may tag the runner. If the chaser succeeds in tagging the runner, he continues to be chaser, and calls the name of another player to run. If the runner gets to his seat without being tagged, he changes places with the other and becomes It.

E A S T E R N I L L I N O I S S T A T E

“VOLLEY BALL”.

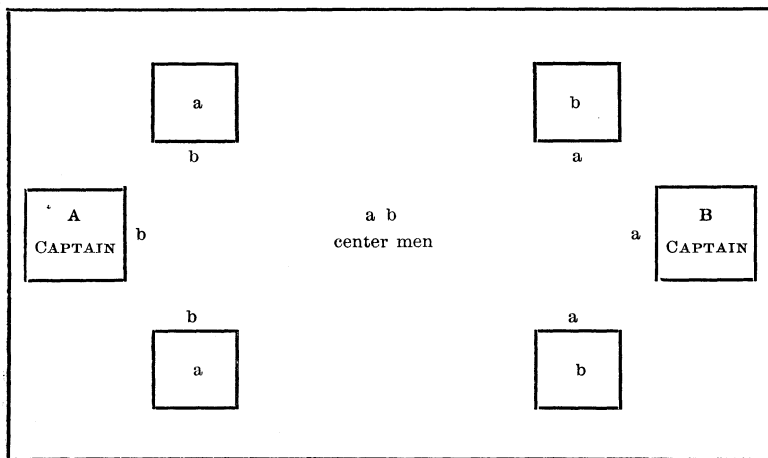
Gymnasium; playground. 20 to 60 players. Grades 5 to 9.

A net or a neutral space divides the field into two equal parts. A light ball is served by one of the players from the back line of his court by tossing it up and batting it with the hand over the net into the opponents' field. The opponents endeavor to bat the ball back without letting it touch the floor or ground. The ball is batted back and forth in this manner until a miss is made, this counting a point for the other side. The player missing then serves the ball as at the beginning of the game.

“CAPTAIN BALL”.

Hall or playground. 14 to 30 players. Grammar, High School

The players are divided into two teams, and each team appoints a captain. The positions the players take vary according to the number who take part in the game. A game of fourteen players is as follows:—



CAPTAIN BALL DIAGRAM.

Circles are drawn, and the players stationed as in diagram. Each team has in one-half the field three men (homes) stationed within the circles, and in the other half of the field three men (defenders) stationed outside the circles, and one man who is, at the beginning of the game, stationed in the center of the field. The homes may not leave their circles, nor the defenders enter them. Each defender must remain near the circle he guards, but the men in the center may run anywhere except inside the circles.

The object of each team is to pass the ball to its own captain by means of the two players in the two circles nearest him, and every ball thus caught by a captain scores one for his team. The captain cannot score a point on a ball received directly from his free center man nor from any of the defenders on his side, but only from his own homes. The ball is put in play by being tossed up between the two opposing center players, at least one of whom must touch it before any of the other players are allowed to. Both hands on the ball are necessary to secure it. The game may consist of two halves of from ten to thirty minutes each, the team scoring the greater number of points winning. In the second half the players should reverse their positions, so that all those previously standing in the circles shall be outside, and vice versa.

The following are fouls: running with, kicking, or handing the ball; holding the ball more than three seconds; bouncing the ball more than three times in succession; roughness. It is also a foul if either the defenders or the centers players step with either one foot inside the circles or if a home steps with both feet outside his circle. When a foul has been made on one side, the ball goes to the other side, and one of the homes of that side has a free chance to

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throw to his captain, the captain's opponent being allowed to prevent the catch if possible, but no one being allowed to guard the thrower.

HEALTH HINTS.

“Prevention is better than cure, and far cheaper.”

—JOHN LOCKE.

HEALTH HINTS.

Homes and schoolhouses greatly need more fresh air supplied to their occupants.

Moderation in quantity and quality of food is a great factor in preserving health.

Eight glasses of pure water are needed daily to flush the human system.

Do not drink from utensils used by others, but adopt the individual drinking cup.

Use deep, full breathing when in need of a general tonic and blood purifier.

The proper and only way to breathe is to inhale through the nostrils, keeping the lips closed.

Sleep eight hours out of twenty-four and do not be afraid of the night air.

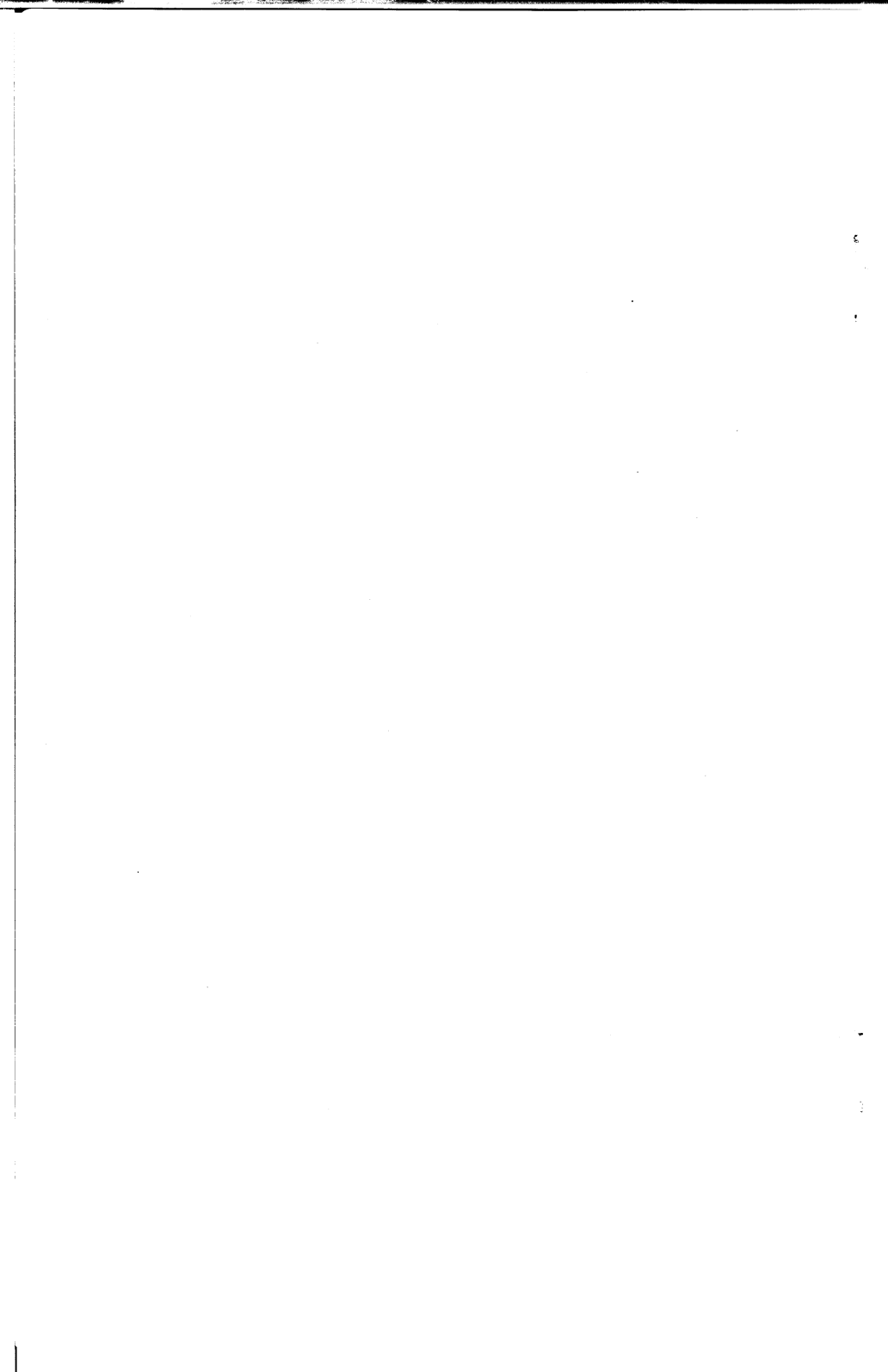
Air your rooms during the day and ventilate them at night.

Bad teeth are not bad for themselves alone, but affect the general health by lowering the vitality of the individual.

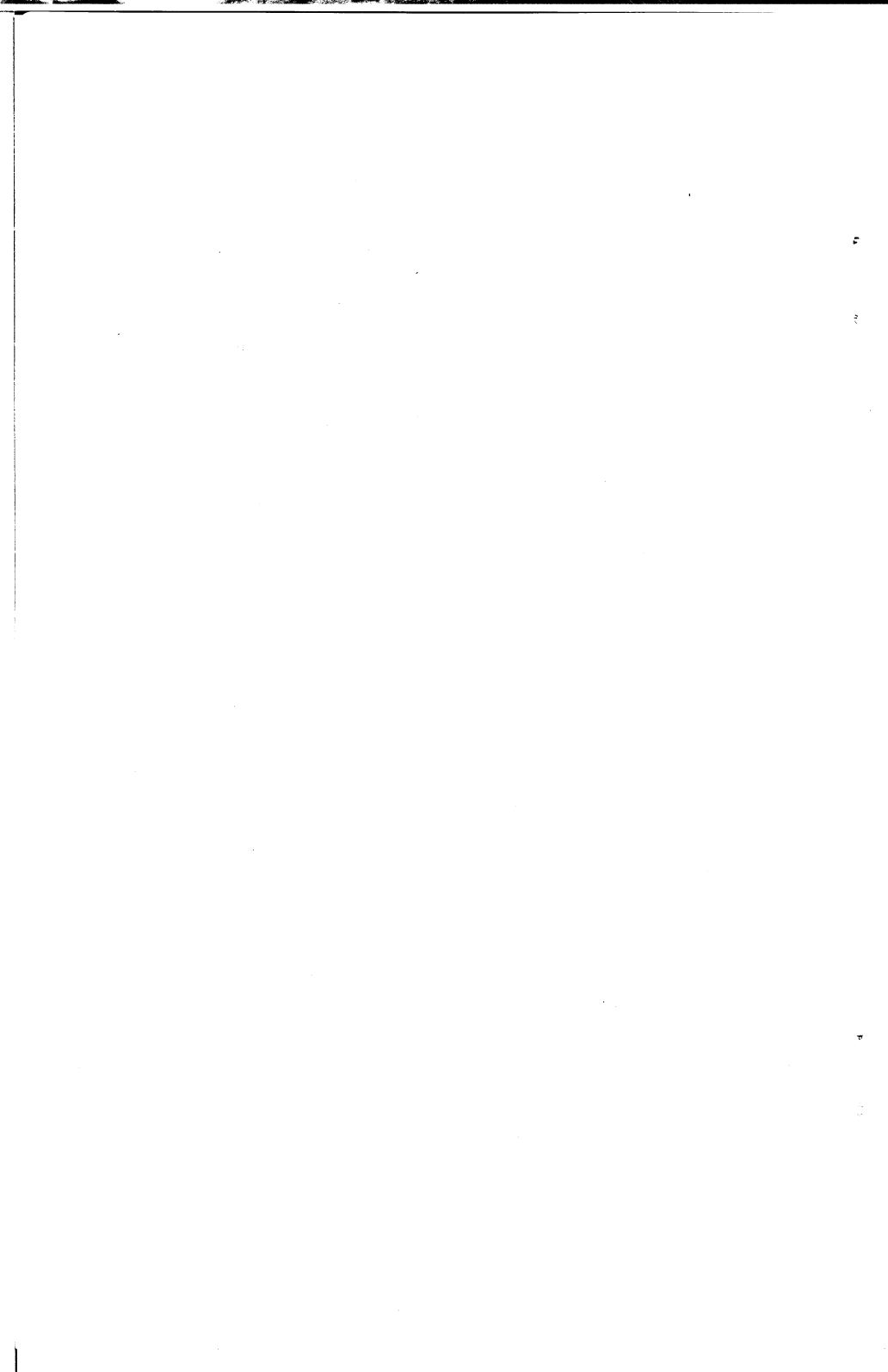
Protect yourselves against insects, particularly mosquitoes and flies.

Starve a cold, and the probability is that you will have no fever to starve.

If you would enjoy health, do not allow worry and nervousness to enter into your daily life.



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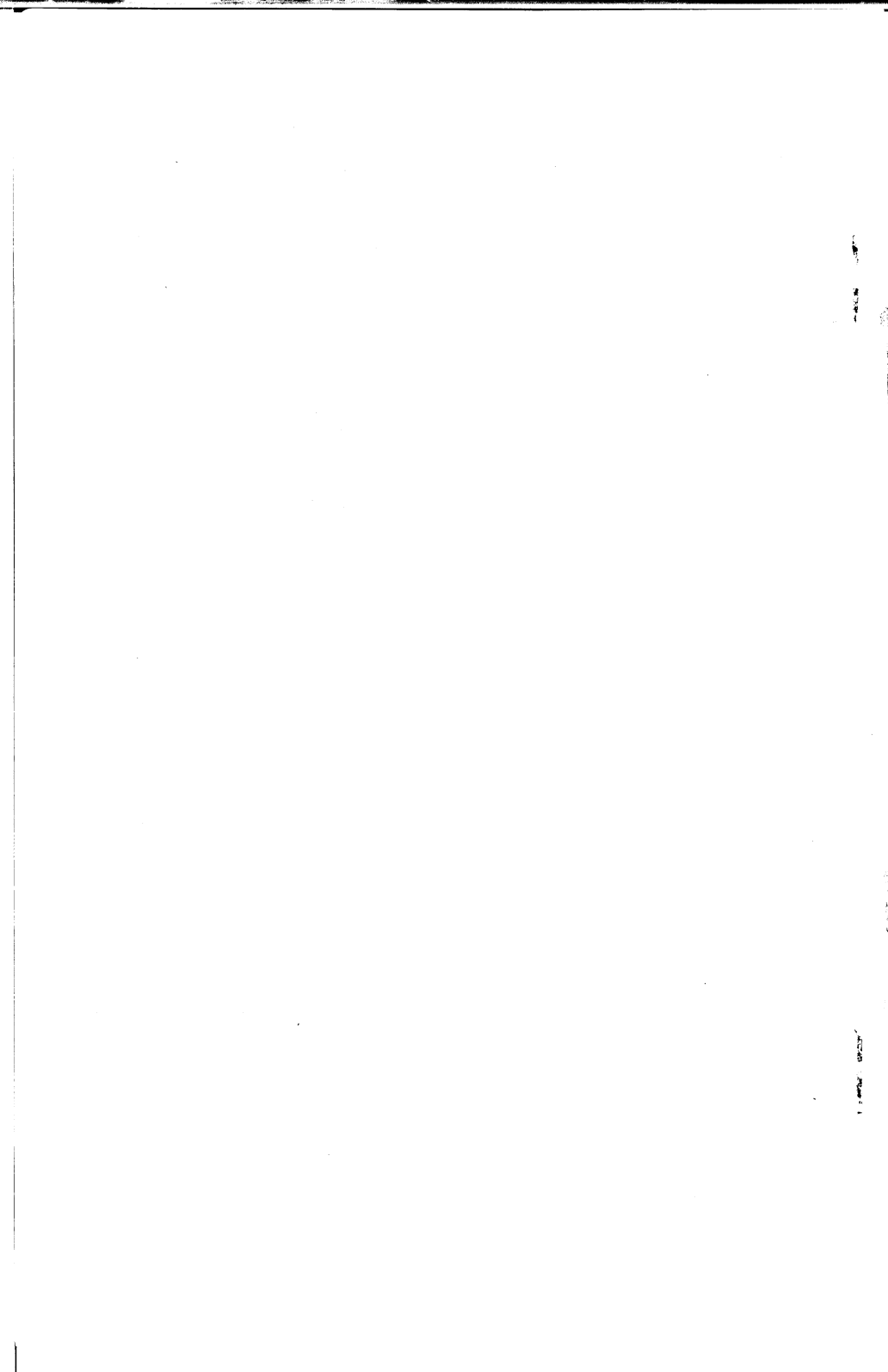
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