

## CALISTHENICS FOR THE CLASS ROOM.

Pupils should be taught to rise and stand on the same side of the desk at all times. If for calisthenic exercises, they will place themselves, alternate rows in line with their seats, the others in line with their desks, so that when the arms are extended there will be no danger of striking one another.

Short, sharp drills will be found to be more satisfactory to all than long ones. The teacher should first give details of the motion required, then the command, and then correct the positions of the pupils.

Every command must be distinctly pronounced, loud enough to be heard by all concerned, and sharply or slowly given according to the nature of the movement to be made.

When the class is standing at ease, the caution, *Class*, must precede the command, *Attention*. As a rule the whole of the word *Attention* is not used, only the last syllable.

### POSITION OF ATTENTION.

The exact squareness of the shoulders and body to the front is the first principle of the position of attention. The heels must be in line and closed; the knees straight; the toes turned out so that the feet may form an angle of 45 degrees. The arms should hang easily from the shoulders, elbows to the rear, slightly bent, the hand partially closed, the backs of the fingers touching the thigh lightly, thumb close to the forefinger, the hips rather drawn back, and the breast advanced but without constraint. The body should be straight but inclining forward, so that the weight of it may bear principally on the fore part of the feet; the head erect but not thrown back; the chin slightly drawn in, and the eyes looking to the front.

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