

PREFATORY MEMORANDUM.

The present Syllabus of Physical Exercises has been compiled by the Executive Council of the Strathcona Trust with a view to preserving uniformity in instruction in Physical Training in the Public Schools of the Dominion, and has been approved by the various Provincial Departments of Education for use in the schools under their control.

This Syllabus is, in the main, a reprint of the latest official Syllabus authorized for use in the Public Elementary Schools of England which is based on the Swedish system of educational gymnastics, already adopted by several European countries.

While certain of the words of command and explanatory notes have been modified, no change has been made in the general arrangement and form of the exercises in the English Syllabus, which have been most admirably selected and arranged in proper progression with a view to the promotion of the harmonious development of all parts of the body, and their suitability for children of school age; special care having been taken to exclude all exercises likely to prove injurious to children of weak physique, to which end some of the ordinary Swedish exercises, or combinations of movements, though well designed for average use have been omitted or modified in order to avoid risk of straining children below the average, either in vigour or physical capacity. Further, freedom of movement and a certain degree of exhilaration being essentials of all true physical education, games and dancing steps have been introduced into many of the lessons. If appropriately taught, many of the free movements accompanying games and dancing steps cannot but have good results, as, indeed, experience has shown where such exercises have been introduced.

With a view to encouraging teachers to consider the principles embodied in the Syllabus and to apply them to the teaching of the children under their care, some general guidance has been provided in the Chapters and Appendices of the Syllabus as to the Theory and Practice of the subject. These have been dealt with as briefly and simply as possible.

A. G. LEWIS,
Secretary, Executive Council, Strathcona Trust.

OTTAWA, June 15, 1911.