

APPENDIX E.

SUGGESTIONS ON THE CONSTRUCTION OF TABLES OF EXERCISES.

A few additional suggestions on the Construction of Tables of Exercises are set out in this Appendix for the use of more experienced teachers, or of students who are themselves learning to make Tables of Exercises. They are not intended for teachers who have had no opportunities for special training in this work, because the teaching of ill-arranged or faulty Tables may do much to counteract the effect desired from the Physical Training lesson, and may even in some cases result in positive harm. Such teachers should therefore follow in detail the Tables given in the Syllabus.

Before beginning to construct a Table of Exercises reference should be made to the chapter on Order and Progression of Exercises (Chapter VI.) in which a skeleton Table showing the order and arrangement of the different groups of exercises will be found. At least one exercise from each group should be included in any complete Table. The individual groups of exercises are considered in some detail in Chapters III. and IV. Care must be taken to secure appropriate progression both in the exercises themselves, and in the starting positions, and to make the Table as varied and interesting as is consistent with suitable progression and the precise purpose for which the Table is constructed, including the age and physical requirements of the child. In selecting exercises due consideration must be given to Tables previously learned, in order that the new Table shall be, as a whole, somewhat in advance of the work already done.

For further convenience, a list of exercises contained in the different groups is appended, together with the starting positions of the feet and arms in approximate progressive order of difficulty. In some cases combinations of an exercise with other exercises or movements are also added. The numbers in brackets placed after the starting positions refer to a Table in which the exercise is taken from that position of the feet or arms. This list is not, of course, intended to be either comprehensive in the sense of covering all free standing Exercises, nor is it complete in itself. It is suggestive only.

| <i>Exercises.</i> | <i>Starting Positions of the Feet.</i> | <i>Starting Positions of the Arms.</i> | <i>Combinations of the Exercise in this Group with other movements.*</i> |
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| I. INTRODUCTORY EXERCISES. | | | |
| (a) <i>Head Exercises.</i> | | | |
| <i>Head bending:</i> Backward. Forward. <i>Head turning:</i> <i>Head bending:</i> Sideways. | Standing (1). Feet close (14). Feet astride (24). | Hips firm (1). Attention (3). Arms bend (8). Arms sideways raise (49). | Arm turning outward and inward (31). Arm raising sideways (54). |

*Reference to the Tables of Exercises in the Syllabus will indicate in what manner the additional movement is to be combined with the original exercise.