

Cécile Grenier

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CALISTHENICS

FOR

THE CLASS ROOM

INSTITUT D'EDUCATION PHYSIQUE

BY

CHAS. S. B. ATHAWES

*Late Instructor to the Ontario Normal College and
Collegiate Institute, Hamilton, Ont.*

300 Est Boul St-Joseph
Montreal, P. Que.

I. E. P.

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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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STANDING AT EASE.

1ST. BY NUMBERS.

CAUTION.—*Stand at ease by numbers.*

On the word *One*, open the hands, raise the arms from the elbows, the left hand in front of the centre of the body, as high as the waist, palm upwards, the right hand as high as the right breast, palm to the left front; both thumbs separated from the fingers and the elbows close to the sides. **One.**

On the word *Two*, strike the palm of the right hand on that of the left, drop the arms to their full extent, keeping the hands together, and passing the right hand over the back of the left as they fall; and at the same time draw back the right foot six inches, and slightly bend the left knee. **Two.**

When the motions are completed, the arms must hang loosely and easily, the fingers pointing towards the ground, the right thumb lightly held between the thumb and palm of the left hand; the body must incline forward, the weight being on the right leg, and the whole attitude being without constraint.

On the command *Attention*, spring up to the position as described. **Class, Attention.**

2ND. JUDGING TIME.

CAUTION.—*Stand at ease, judging the time.*

On the word *ease*, go through the motions described in the standing at ease by numbers, distinctly but smartly, and without any pause between them. **Stand at—ease.**

Class, Attention. As before.

No deviation from the position of *stand at ease* must be permitted, unless the command *Stand—easy* is given, when the pupils will be permitted to move their limbs,

but without quitting their ground so that on coming to attention no one shall have materially lost his place.

On the word *Class* being given to pupils standing easy, each pupil will at once resume the position of standing at ease.

TURNINGS.

In going through the turnings the left heel must never quit the ground, the pupil must turn on it as on a pivot, the right foot being drawn back to turn the body to the right, and carried forward to turn it to the left; the body must incline forward, the knees being kept straight.

In the first of each of the following motions the foot is to be carried back, or brought forward, without a jerk, the movement being from the hip, so that the body may be kept perfectly steady until it commences to turn.

The Right Turn. On the word *Turn*, place the hollow of the right foot smartly against the left heel, keeping the shoulders square to the front. **Right—turn.**

On the word *Two*, raise the toes, and turn a quarter circle to the right on both heels, which must be pressed together. **Two.**

The Left Turn. On the word *Turn*, place the right heel against the hollow of the left foot, keeping the shoulders square to the front. **Left—turn.**

On the word *Two*, raise the toes, and turn a quarter circle to the left on both heels, which must be pressed together. **Two.**

The About Turn. On the word *Turn*, place the ball of the right toe against the left heel, keeping the shoulders square to the front. **About—turn.**

On the word *Three*, bring the right foot smartly back in line with the left. **Three.**

The Half Right (or Left) Turn. On the word *Turn*, draw back (or advance) the right foot one inch. **Half right (or left)—turn.**

On the word *Two*, raise the toes and turn half right (or left) on both heels.

When turned from the front, if the command *Front* be given, pupils will turn to the front by shortest way, making the proper motions, judging the time, making a pause after each motion. When turned to the rear they will always turn to the front by the *About turn*.

SALUTING.

1ST. SALUTING TO THE FRONT.

CAUTION.—*Salute by numbers.*

On the word *One*, bring the right hand smartly, with a circular motion, to the head, palm to the front, point of the forefinger one inch above the right eye, thumb close to the forefinger; elbow in line and nearly square with the shoulder. **One.**

On the word *Two*, let the arm fall smartly to the side. **Two.**

CAUTION.—*Salute, judging the time.*

On the word *Salute*, go through the motions above described, with a pause between them.

2ND. SALUTING TO THE SIDE.

CAUTION.—*Right (or left) hand salute by numbers; right (or left) hand salute, judging the time.*

The salute will always be with the hand further from the person to be saluted.

The procedure will be as described in saluting to the front, except that as the hand is brought to the salute, the head will be slightly turned towards the person saluted.

CALISTHENICS.

Calisthenics will be taught, first by numbers, then judging the time.

When taught by numbers, each exercise should be repeated a number of times until the teacher thinks that each pupil knows it.

When practised judging the time, each exercise should be gone through until sixteen motions are made; that is, each exercise of four motions will be gone through four times; each eight-motion exercise twice; with three-motion exercise, the first and second motions will be repeated until the sixteenth count, when the pupils will come to attention.

Teachers should see that plenty of life is put into each motion, but no roughness. There should be a distinct pause between motions.

If music is provided, a slow march or a steady waltz tune would be the best for the accompaniment, the exercises changing with the variations in the music.

CALISTHENIC EXERCISES BY NUMBERS.

FIRST EXERCISE.

On the word *One*, bending the arms, bring the clenched fists up outside the shoulders, fingers to the front, elbows at the side. **One.**

On the word *Two*, extend the arms to the front, as high as the shoulders, hands open, palms upward. **Two.**

On the word *Three*, clench the fists and bring them back, outside the shoulders, elbows at the side. **Three.**

On the word *Four*, come to attention. **Four.**

SECOND EXERCISE.

On the word *One*, come up to the first position of first exercise. **One.**

At *Two*, extend the arms upwards, hands open, palms to the front. **Two.**

At *Three*, come back to the first position. **Three.**

At *Four*, come to attention. **Four.**

THIRD EXERCISE.

On the word *One*, as in the last exercise. **One.**

At *Two*, extend the arms out in line with, and as high as, the shoulders, hands open, palms upwards. **Two.**

At *Three*, come back to the first position. **Three.**

At *Four*, come to attention. **Four.**

FOURTH EXERCISE.

On the word *One*, as in the last exercise. **One.**

At *Two*, extend the arms to the front as in the first exercise. **Two.**

At *Three*, come back to the first position. **Three.**

At *Four*, extend the arms upwards as in the second exercise. **Four.**

At *Five*, come back to first position. **Five.**

At *Six*, extend the arms outwards as in the third exercise. **Six.**

At *Seven*, come back to the first position. **Seven.**

At *Eight*, come to attention. **Eight.**

FIFTH EXERCISE.

On the word *One*, raise the arms outwards from the sides, place the tips of the fingers on the shoulders, elbows as high as, and in line with the shoulders. **One.**

At *Two*, dropping the right hand to the side, extend the left arm upwards, eyes looking up to the palm of the hand. **Two.**

At *Three*, come to the first position. **Three.**

At *Four*, dropping the left hand to the side, extend the right arm upwards, looking up at the palm of the hand. **Four.**

At *Five*, come to the first position. **Five.**

At *Six*, extend both arms upwards, tips of the fingers touching, and looking up at the hand. **Six.**

At *Seven*, come to the first position. **Seven.**

At *Eight*, come to attention. **Eight.**

SIXTH EXERCISE.

On the word *One*, come to the same position as at *one* in the 5th Exercise. **One.**

At *Two*, dropping the right hand to the side, extend the left arm to the left, in line with and as high as the shoulder. **Two.**

At *Three*, resume the first position. **Three.**

At *Four*, dropping the left to the side, extend the right arm to the right, as high as and in line with the shoulder. **Four.**

At *Five*, resume the first position. **Five.**

At *Six*, extend both arms. **Six.**

At *Seven*, resume the first position. **Seven.**

At *Eight*, come to the position of attention. **Eight.**

SEVENTH EXERCISE.

At *One*, bring the clenched fists to the chest, backs of the hands to the front. **One.**

At *Two*, forcibly extend the left arm to the left front, keeping the fist clenched and turning the left shoulder partially in that direction. **Two.**

At *Three*, bring the fist back to the chest. **Three.**

At *Four*, extend the right arm to the right front, keeping the fist clenched, and turning the right shoulder in that direction. **Four.**

At *Five*, bring the fist back to the chest. **Five.**

At *Six*, extend both arms as in two and four, but keeping the body steady. **Six.**

At *Seven*, bring both fists back to the chest. **Seven.**

At *Eight*, come to attention. **Eight.**

EIGHTH EXERCISE.

At *One*, bending the arms, bring the hands up into the arm pits, elbows and shoulders well raised. **One.**

At *Two*, extend the left arm downwards and outwards from the side, raising it till it is a little higher than the shoulder. **Two.**

At *Three*, bring the hand back into the arm pit. **Three.**

At *Four*, extend the right arm downwards and outwards from the side, raising it till it is a little higher than the shoulder. **Four.**

At *Five*, bring the right hand back into the arm pit.
Five.

At *Six*, extend both arms as in two and four. **Six.**

At *Seven*, bring the hands back into the arm pits.
Seven.

At *Eight*, come to attention. **Eight.**

NINTH EXERCISE.

At *One*, extend the arms to the front, hands open, palms upwards, as high as the chest. **One.**

At *Two*, keeping the arms extended clench the fists tightly. **Two.**

At *Three*, come to attention. **Three.**

In all three-motion exercises the 1st and 2nd motions will be repeated several times, finishing with the 3rd motion.

TENTH EXERCISE.

At *One*, raise the arms from the sides as high as the shoulders and in line with them, hands open, palms upwards. **One.**

At *Two*, clench the fists and turn them over to the front as far as possible, keeping the head and body steady.
Two.

At *Three*, come to attention. **Three.**

ELEVENTH EXERCISE.

At *One*, bring the clenched fists together under the chin, backs of the hands to the front. **One.**

At *Two*, separate the fists and swing them smartly outside the shoulders, back of the hands to the rear, and elbows close to the sides. **Two.**

At *Three*, come to attention. **Three.**

TWELFTH EXERCISE.

At *One*, bring the clenched fists together at full extent of the arms, thumbs uppermost, and as high as the mouth. **One.**

At *Two*, separate the hands and carry them round to the sides, keeping them as high as the shoulders, and turning the backs down. **Two.**

At *Three*, come to attention. **Three.**

THIRTEENTH EXERCISE.

At *One*, raise the left foot from the ground and carry it to the front, straightening the knee while doing so, the foot to be at the same angle as when on the ground, the toes to be forced downwards so as to nearly touch the ground, the whole weight to be on the right foot. **One.**

At *Two*, bring the foot back to attention. **Two.**

FOURTEENTH EXERCISE.

At *One*, raise the right foot from the ground, and carry it to the front, straightening the knee while doing so, the foot to be at the same angle as when on the ground, the toes pointed towards the ground, and the whole weight on the left foot. **One.**

At *Two*, bring the foot back to attention. **Two.**

FIFTEENTH EXERCISE.

At *One*, raise the left foot from the ground and carry it to the rear, straightening the knee while doing so, and pointing the toes to the rear, the whole weight to be on the right foot. **One.**

At *Two*, come to attention. **Two.**

SIXTEENTH EXERCISE.

At *One*, raise the right foot and carry it to the rear, straightening the knee while doing so, and pointing the toes to the rear. **One.**

At *Two*, come to attention. **Two.**

SEVENTEENTH EXERCISE.

At *One*, carry the left foot to the front as at *One* in the 13th Exercise. **One.**

At *Two*, keeping the weight of the body on the right foot, swing the left to the rear as at *One* in the 15th Exercise. **Two.**

At *Three*, come to attention. **Three.**

EIGHTEENTH EXERCISE.

At *One*, carry the right foot forward as at *One* in the 14th Exercise. **One.**

At *Two*, keeping the weight of the body on the left foot, swing the right to the rear as at *One* in the 16th Exercise. **Two.**

At *Three*, come to attention. **Three.**

NINETEENTH EXERCISE.

At *One*, keeping the heels together, raise on the toes as high as possible. **One.**

At *Two*, quietly come back on the heels. **Two.**

TWENTIETH EXERCISE.

At *One*, raise on the toes as in the last exercise, at the same time swinging the arms from the side above the shoulders, hands open, palms to the front. **One.**

At *Two*, quietly come back to attention. **Two.**

TWENTY-FIRST EXERCISE.

At *One*, placing the hands on the hips, bend the body forwards, curving the back, and bringing the chin down to the chest. **One.**

At *Two*, come back to attention. **Two.**

TWENTY-SECOND EXERCISE.

At *One*, placing the hands on the hips, and raising the chin, bend the body backward, allowing the weight of the body to come forward so as to preserve the balance. **One.**

At *Two*, come to attention. **Two.**

TWENTY-THIRD EXERCISE.

At *One*, placing the hands on the hips, bend over to the left, keeping the body and shoulders square to the front. **One.**

At *Two*, come back to attention. **Two.**

TWENTY-FOURTH EXERCISE.

At *One*, placing the hands on the hips, bend the body over to the right, keeping the shoulders and body square to the front. **One.**

At *Two*, come back to attention. **Two.**

TWENTY-FIFTH EXERCISE.

At *One*, make a partial turn to the right on both heels, the right foot to point to the right, and the left to point to the front, head and eyes turned to the front. **One.**

At *Two*, lunge or step forward an extended pace with the left foot, the left leg, from the knee downwards to be perpendicular, and the right leg straight. **Two.**

At *Three*, come back to attention. **Three.**

TWENTY-SIXTH EXERCISE

At *One*, make a partial turn to the left on both heels, the left foot to point to the left and the right to the front, head and eyes turned to the front. **One.**

At *Two*, lunge forward with the right foot, the lower part of the leg to be perpendicular, and the left leg straight. **Two.**

At *Three*, come back to attention. **Three.**

When going through the 25th and 26th Exercises, judging the time, slur the 1st and 2nd motions together so as to make one motion, and practically making the exercises two-motion ones.

TWENTY-SEVENTH EXERCISE

At *One*, placing the hands on the hips, make a lunge forward with the left foot. **One.**

At *Two*, turning on the right foot so that it will point to the front, bring the left foot back and carry it a pace to the rear, the right leg to be straight, the left knee bent, the left foot pointing to the left, and the weight of the body resting back on it. **Two.**

At *Three*, come to attention. **Three.**

TWENTY-EIGHTH EXERCISE

At *One*, placing the hands on the hips, lunge to the front with the right foot. **One.**

At *Two*, turning on the left foot so that it will point to the front, bring the right foot back and carry it to the rear, the left leg to be straight, the right knee bent, the

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right foot pointing to the right, and the weight resting back on it. **Two.**

At *Three*, come to attention. **Three.**

TWENTY-NINTH EXERCISE

At *One*, turning partly to the left so that the right foot will point to the front, carry the left foot to the rear, as in the 2nd motion of the 27th Exercise, at the same time placing the right hand on the hip, and raising the left arm over the shoulder, bent to the rear, hand open, and palm uppermost. **One.**

At *Two*, turning on the right foot so that it will point to the right, lunge smartly forward on the left foot, at the same time forcibly extending the left arm to the front. **Two.**

At *Three*, come to attention. **Three.**

THIRTIETH EXERCISE.

At *One*, turning partly to the right so that the left foot is pointing to the front, carry the right foot to the rear as in the 2nd motion of the 28th Exercise, at the same time placing the left arm on the hip, and raising the right arm over the shoulder, bent to the rear, hand open, palm uppermost. **One.**

At *Two*, turning on the left foot so that it will point to the front, lunge smartly forward on the right foot, at the same time forcibly extending the right arm to the front. **Two.**

At *Three*, come to attention. **Three.**

THIRTY-FIRST EXERCISE.

At *One*, lunge forward on the left foot, turning on the right so that it will point to the right, at the same time placing the left hand on the hip, and raising the right over the shoulder, bent to the rear, hand open, palm upwards. **One.**

At *Two*, turning on the right foot so that it will point to the front, carry the left foot to the rear as in the 1st motion of the 29th Exercise, at the same time placing the right hand on the hip and raising the left arm over the shoulder, bent to the rear, hand open, palm upwards. **Two.**

At *Three*, come to attention. **Three.**

THIRTY-SECOND EXERCISE.

At *One*, lunge forward on the right foot, turning on the left so that it will point to the left, at the same time placing the right hand on the hip, and raising the left, arm bent back over the shoulder, hand open, palm upwards. **One.**

At *Two*, turning on the left foot so that it will point to the front, carry the left foot to the rear as in the 1st motion of the 30th Exercise, at the same time placing the left hand on the hip, and raising the right arm over the shoulder, bent to the rear, hand open, palm upwards. **Two.**

At *Three*, come to attention. **Three.**

Cécile Grenier