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An Outline of Physical Education for Primary and Grammar Schools, Junior High Schools, and High Schools

By Ernst Hermann

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Excerpt: . GROUP m. JUNIOR HIGH SCHOOLS AND GRADES 7, 8, and 9 General Directions The general arrangement of the program of a typical physical training lesson is the same for these grades as for all others. The scheme is outlined on page 6. If more than fifteen minutes are available, the extra time should be divided between the second and the third periods. The distinct advance which should be made in this group of grades is accuracy of response and general poise, definite and precise execution of official formations, increased complexity of exercises, games, and dances, and complete organization of plays, games, and dances. Self-management during games must be brought to the highest possible perfection. This should be effective not only during physical training periods in the schoolrooms, but also during such periods in the schoolyard. Team Organization Each class should have either six...



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