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Syllabus and Manual of Physical Training for Public Schools Laurence The New York Times Index ,2007 Samuel Hill, 2015-06-26 Excerpt from Syllabus and Manual of Physical Training for Public Schools This book is the outcome of the experience of the author in nine years work as instructor and director of physical training in public schools In the preparation of the manuscript valuable suggestions and ideas of organization and arrangement of material were received from workers in the same field and from the many excellent syllabi now used in various city school systems. The object in presenting the work is to give teachers a guide for classroom exercises and concrete examples of required work in physical training with instructions and explanations necessary to make clear interpretations of subject matter Adequate material is offered and arranged to comply with the New York State requirements in physical training B D and E Especial attention is called to the explanations of movements of the different parts of the body recreation drills graded lessons athletic periods for boys and girls imaginary plays and games Attention should also be called to the fact that habits of regular exercise and of personal cleanliness are health measures and are essential parts of any program for the health education of school children As the direct result of carrying out this course in physical training children will acquire the health habits taught We can examine each child to find out if the exercises are practiced regularly at home if the talks on personal cleanliness are bearing fruit in the improvement of the child's personal appearance and if the habit of walking and sitting in correct position is becoming fixed Valuable assistance in the preparation of this manual was rendered by Dr Horatio M Pollock and Miss Ruth Slocum and expert criticism was kindly given by Dr Thomas A Storey Inspector of Physical Training New York State About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www forgottenbooks com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition. We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works Physical Education Syllabus United States Naval Academy. Department of Physical Education, 1962

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