



School Gymnastics with Light Apparatus, Vol. 1: First, Second, Third, and Fourth Years (Classic Reprint) (Paperback)

By Jessie Hubbell Bancroft

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from School Gymnastics With Light Apparatus, Vol. 1: First, Second, Third, and Fourth Years The course Of lessons herewith presented for public school use is in two divisions - free hand and light apparatus exercise respectively. Each of these divisions is a complete course in itself, covering eight grades of work from the lowest primary to the highest grammar. The free hand work can be used in the regular classroom, though a special room is obviously desirable. The apparatus work necessitates free floor space. Each grade of work is arranged in eighteen lessons, extending over half of the school year. This does not cover the entire term of most school sessions, as it is considered best to use review work during times of examination and promotion, rather than to tax pupils with new exercises at such times. While each course is complete in itself, the two kinds of work are designed to be interchanged - half of the school year to be devoted to free hand exercise and the succeeding half to the apparatus. In grading the exercises each free hand...



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