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## Exercises and Drills: Being a Teacher's Manual of Physical Training Containing a Progressive Series of Exercises for Use in Schools Without the Aid of Apparatus (Classic Reprint) (Paperback)

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By J Leonard Mason

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Exercises and Drills: Being a Teacher's Manual of Physical Training Containing a Progressive Series of Exercises for Use in Schools Without the Aid of Apparatus The importance of the theory and practice of Physical Training is universally acknowledged. Besides the immediate benefit to the pupil and teacher, which is too obvious to need mention, there is also a lifelong advantage derived; for the pupils learn that the practice of systematic physical exercise is necessary for their health, and, consequently, will never in after life think themselves too busy to spend a few minutes each day in exercise, thus banishing many of the petty ailments with which they may be burdened. It is the object of the writer to place in the hands of school teachers a Manual of Physical Training which can be easily understood, and which will prove of assistance in conducting this important branch of school work. The method of arrangement will indicate to the teacher such of the important movements as are suitable for the class room, and will show how...



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