

## PHYSICAL CULTURE - MISS MANN.

Month of January, 1909.

Grades taught: mixed, boys and girls, 1st, 3rd, 4th and 5th grades; girls alone, 7th grade.

Each child comes to the gymnasium once a week in a group (class of 16) and once a week in a grade (class of about 32). Exception: 1st grade, which has two lessons each week in groups.

### GENERAL PLAN OF THE GYMNASIUM LESSON:

Marching, running, postural exercises, apparatus, and a game. The object of each lesson is to present work which will cover common physical defects, furnish recreation for the children, and provide material for optional use on the play ground, and this being the case, the same lesson plan is used for all grades, the amount of formal work receiving the minimum attention in the 1st grade and increasing toward the upper grades, while the reverse is true of the recreative side.

### GRADE 1:

Postural exercises are done in a circle. In four lessons free work, including much breathing. Three lessons in rhythm work, consisting of tapping exercises on a large bell, and the remaining lessons made use of small wooden rings. Much of the postural work is done while sitting, as this seems to be a favorable position for attaining correct expansion and carriage of the chest.

In apparatus work nothing has been attempted beyond bent arm hang on one swinging rope.

In games three at the ball on stormy days when the groups were small, "days of the week" the simplest form of "battle ball" and the simplest form of "hang tag" in the lessons which involve the whole class.

### GRADE 3:

Postural work - three lessons in plain swings with wands. Two lessons with small wooden rings, including rhythmic exercises in rolling the rings. The remaining lessons free hand.

Apparatus: Two lessons in bent arm hang on one swinging rope, one on a simple jump from the spring board and the remaining preparatory work for travelling on the travelling rings.

Games: A game similar to "white and black" except that the signal is given by a twirling platter, "center base", "hang tag", "days of the week" (but using numbers instead of days of the week) "three deep", and "cat and mouse".

### GRADE 4:

Every child in the fourth grade now owns a pair of skates, and practically all can put on their own skates and skate without assistance. Two factors have made this possible - the cooperation of the grade teacher and the fact that the lesson of the week for the whole grade was the last lesson of the day for both the scholars and the two teachers.

Preliminary hints and instructions were given in various gymnasium groups and one lesson of the month was given entirely to skating party on the Midway.

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**Postural Exercises:** One lesson with small wooden rings, one lesson of striking and turning exercises with bells, one of plain swings with the wand, one of marching exercises on the beams, and the remaining free hand work. *balancing*

**Apparatus:** The one big piece of work of the year in the fourth grade is to be able to go down and return on the travelling rings. Two lessons of the past month have been given to travelling down with forward turns and dropping after a pull-up on the two end rings. One on plain jump from a run from two feet from the spring board. Third to bent arm hand on one swinging rope and one to rope-climbing. The last lesson on the swinging rope introduced jumping to bent arm hand.

**Games:** Four corner ball upon the days in which the class came as groups, as there is not yet enough team play to make possible larger numbers of players. "Guard your pin" (the principal game of the fourth grade) "hang tag", "center base", "days of the week" with numbers instead of days of the week.

#### MISS HUGHES' GRADE:

In Miss Hughes' grade I draw from the material of the lessons of both the third and fourth grades up to Christmas time. On account of the lack of concentration and co-ordination in this grade, very little was accomplished. During January their improvement has been marked, but it is still impossible to carry them as rapidly as the fourth grade or to give them all the work done in the third.

#### FIFTH GRADE:

The new year opens with the girls and the boys of the fifth grade still happy together and enjoying the same things. Only one exception to this exists - the smallest, least developed girl in the class who is evidently influenced by home conditions.

#### POSTURAL WORK:

One lesson in free hand - one of individual exchanging and tossing exercises with small wooden rings, of raising and striking exercises with bells and the remaining exercises with wands. In the latter the two simplest winding exercises, a striking movement and the sideward fall-out were introduced.

**Apparatus work:** Swinging forward in bent arm hand on both single and double ropes. Climbing on rope, travelling down and back travelling rings, with a forward turn, running jump for distance from two feet from the spring board (each lesson preceded by preparatory exercises, and some of the more poorly co-ordinated children have not yet mastered this exercise) and the birds nest and stand on the hands in the flying rings. For the lesson indicated with the spring board exercises, the latter exercises are also preceded each time by preparatory exercises. This piece of apparatus is one of the chiefest joys of the children, but can only be used upon the day in which the class comes as a group, as we have only one pair. In January I began

Miss Mamm

sending a child after his work on the piece of apparatus of the day's lesson, to another piece of apparatus to review by himself without instruction work which had been given in a preceding lesson.

Games: "Four corner ball" (on days when the class comes as a group) and "Guard your pins" and "center base" (games learned in the fourth grade.)

#### SEVENTH GRADE:

The seventh grade girls receive only one lesson in the gymnasium per week, as their second physical period is given to gymnastic dancing. Working with girls of this age, at such separated intervals makes it very difficult to arrive at results of any gymnastic nature.

Postural exercises: Two lessons with Indian clubs, one with dumb bells, one with wands, and in each lesson a short period of rhythmic exercises with reeds.

Apparatus: One swinging pole, merry-go-round and flying rings.

Games: "Volly ball" and "four corner ball".

This last game, though learned in the fifth grade, is quite as much appreciated in the upper grades, as the girls get a new pleasure from the game when playing by themselves. By the fifth grade boys are so much more skillful in handling the ball than the girls, that they are apt to monopolize a game in which a ball is used.

This is a corrected copy  
of the January 1909 report  
sent to Mr. Judd.



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#### GRADE 1:

Postural exercises are done in a circle. In four lessons free work, including much breathing. Three lessons in rhythm work, consisting of tapping exercises on a large bell. The remaining lessons made use of small wooden rings. Much of the postural work is done while sitting, as this seems to be a favorable position for attaining correct expansion and carriage of the chest.

In apparatus work nothing has been attempted beyond bent arm hang on one swinging rope.

In games "three at the ball" on stormy days when the groups are small, "days of the week", the simplest form of "battle ball" and the simplest form of "hang tag" in the lessons which involve the whole class.

#### GRADE 3:

Postural work - Three lessons in plain swings with wands. Two lessons with small wooden rings, including rhythmic exercises in rolling the rings. The remaining lessons free hand.

Apparatus: Two lessons in bent arm hang on one swinging rope, one on a simple jump from the spring board and the remaining preparatory work for traveling on the traveling rings.

Games: A game similar to "white and black" except that the signal is given by a twirling platter, "center base", "hang tag" "days of the week" (but using numbers instead of days of the week) "three deep", and "cat and mouse".

#### GRADE 4:

Every child in the fourth grade now owns a pair of skates, and practically all can put on their own skates and skate without assistance. Two factors have made this possible - the co-operation of the grade teacher and the fact that the lesson of the week for the whole grade is the last lesson of the day for both the scholars and the two teachers.

Preliminary hints and instructions in skating were given in various gymnasium groups and one lesson of the month was given entirely to a skating party on the Midway.

Postural Exercises: One lesson with small wooden rings, one lesson of striking and turning exercises with bells, one of plain swings with the wand, one of marching exercises on the balance beams, and the remaining free hand work.

Apparatus: The one big piece of work of the year in the fourth grade is to be able to go down and return on the traveling rings. Two lessons of the past month have been given to traveling down with forward turns and dropping after a pull-up on the two end rings, one on plain jump (from two feet) from a run from the spring board, a third to forward swing in bent arm hang on one swinging rope and one to rope-climbing. The last lesson on the swinging rope introduced jumping to bent arm hang.

Games: "four corner ball" upon the days in which the class comes as groups, as there is not yet enough team play to make possible larger number of players, "guard your pins" (the principal game of the fourth grade), "hang tag", "center base", "days of the week" (with numbers instead of days of the week.)

#### MISS HUGHES' GRADE:

In Miss Hughes' grade I drew from the material of the lessons of both the third and fourth grades. Up to Christmas time, on account of the lack of concentration and co-ordination in this grade, very little was accomplished. During January their improvement has been marked, but it is still impossible to carry them as rapidly as the fourth grade or to give them all the work done in the third.

#### FIFTH GRADE:

The new year opens with the girls and the boys of the fifth grade still happy together and enjoying the same things. Only one exception to this exists - the smallest, least developed girl in the class who is evidently influenced by home conditions.

#### Postural work:

~~One lesson in free hand~~ <sup>small wooden rings</sup> ~~one of individual exchanging and tossing exercises with bells and the remaining with wands.~~ <sup>and striking exercises with</sup> In the latter the two simplest winding exercises, a striking movement and the sideward fall-out were introduced.

Apparatus work: Swinging forward in bent arm hang on both single and double ropes. Climbing one rope, traveling down and back traveling rings with a forward turn, running jump for distance from two feet from the spring board (each lesson preceded by preparatory exercises, as some of the more poorly coordinated children have not yet mastered this exercise) and the birds nest and stand on the hands in the flying rings. In the lessons indicated with the flying rings, the exercises are also preceded by preparatory exercises. This piece of apparatus is one of the chiefest joys of the children, but can only be used upon the day in which the class comes as a group, as we have only one pair. In January I began sending a child after his work on the piece of apparatus of the day's lesson, to another piece of apparatus to review by himself without instruction work which had been given in a preceding lesson.

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Games: "Four corner ball" (on days when the class comes as a group) and "guard your pins" and "center base" (games learned in the fourth grade.)

SEVENTH GRADE:

The seventh grade girls receive only one lesson in the gymnasium per week, as their second physical period is given to gymnastic dancing. Working with girls of this age, at such separated intervals makes it very difficult to arrive at results of any gymnastic nature.

Postural exercises: Two lessons with Indian clubs, one with dumb bells, one with wands, and in each lesson a short period of rhythmic exercises with reeds.

Apparatus: One swinging pole, merry-go-round and flying rings.

Games: "Volley ball" and "four corner ball". This last game, though learned in the fifth grade, is quite as much appreciated in the upper grades, as the girls get a new pleasure from the game when playing by themselves. But the fifth grade boys are so much more skillful in handling the ball than the girls, that they are apt to monopolize a game in which a ball is used.

*Handwritten notes:*  
The girls  
are  
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the  
game  
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play  
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## PHYSICAL CULTURE - MISS MANN.

Month of March, 1909.

Very little new work has been introduced during the month, the work consisting of progressions along the lines already mentioned.

In all the grades I have used various devices to perfect the marching in the School. Devices, such as placing different leaders at the head of the class, having the piano change the rhythm unexpectedly, etc.

### GRADE 1:

In apparatus work a large swinging rope was introduced. The exercises were of a rhythmic nature in that after the children had done preparatory exercises running under, the children attempted to follow one at a time in the rhythm of the swing of the rope. This was attempted both in single file and by couples.

Two new games have been introduced - "step ball" and "teacher ball".

### GRADE 2:

Now that physical examinations have been completed I have taken back the second grade.

Their new work this month has been the one swinging rope and a review of the games "find your partner", "days of the week" and "here goes up for" (new and yet a review because not played before this year).

One day it was necessary for me to attend an important committee meeting. Miss A. from the office stayed with the children. The apparatus was let down and they spent the hour in free play. I was delighted with the results of the hour, with their order, and consideration for each other.

### GRADE 3:

In postural work I have introduced for the first time this year body work while sitting on the benches.

New game "step ball". In one lesson the entire class came in party clothes; the girls in white gowns and pink ribbons as they were to give a pink and white luncheon to the mothers during the following hours. This gave us an excellent opportunity to spend the lesson in practice in marching in file and line, as it did not seem wise to introduce movements in which they would tear or soil their gowns.

I tried one day a very pretty little dance which as in the other grades where I have tried dances was not a success. The children said they enjoyed the dance, but they so much preferred to spend the time with apparatus or in a game.

### GRADE 4:

The fourth grade is doing most excellent work. We had one happy lesson in the big gymnasium as the small gymnasium was being used for a mother's meeting. This gave the children a lesson on the Giant Stride and they had the greatest joy at being able to play their favorite game of "guard your pins" in



a large space.

New apparatus work traveling forward on the beams of the ladder preceded by a review of the preparatory exercises. The only new thing in games was the introduction of the second circle in each court in "guard your pins". This adds to the possibilities of team play and makes a larger number of players possible.

#### MISS HUGHES' GRADE:

I am still sad over this grade. On the same day on which I left the second grade to attend the committee meeting Miss Hughes came with her children to the gymnasium to spend the half hour. In about fifteen minutes she took them back to their room because she felt that they were so disorderly in their free play. On some days it is necessary to repeat a command at least three times or a direction before they seem to comprehend, but if I seat the grade and introduce a competition by having the children work individually, the individuals understand and execute without any difficulty. We are still working on climbing, but only two or three children are able yet to support themselves for any distance.

#### GRADE 5:

This is a very interesting grade - their interest carries them away. It is really asking a great deal of them to have their second lesson of the week a class lesson, as it means confining over thirty children, the largest majority of them active boys, in a small room, and yet for this very reason I dislike to give up the plan which is general through all the grades because of the disciplinary values. This lesson is the last half hour of the week. I have tried the plan for the last two weeks of writing the lesson and any suggestions I might wish to make upon the blackboard in the grade room so that they might know before coming to the gymnasium what the lesson would be.

This grade also enjoyed one lesson in the big gymnasium with the giant stride and the larger floor space for their games.

The only new apparatus work has been landing with facings from one swinging rope. The new game a review of "three deep" which they learn in the third grade.

#### GRADE 7:

Development in this grade is very discouraging. They not only have only one lesson, but time must be deducted from this lesson for changing into gymnastic costume.

No new work has been attempted, but we have taken up in review climbing poles and ropes, and the giant stride.

This is a corrected copy  
of Miss Mann's February  
report sent to Mr Judd.



## PHYSICAL CULTURE --- MISS MANN.

Month of February.

As the result of a faculty meeting in which there was general discussion and much criticism of the marching in the school, particular attention has been paid in all gymnasium lessons of the month to the form, rhythm and order of marching.

### FIRST GRADE:

Very little new subject matter has been introduced in this grade. Some new movements in the free hand work, some exercises lying on the floor and two new games. One of the new games is a game similar to cat and mouse, and is called "the gardener and the girls picking flower". The circle of children becomes the wall of the garden, and the selfish gardener makes an attempt to catch the child who is found picking flowers in his garden. The second, "find your partner" is a skipping game in which when the music ceases, each child attempts to join hands with a partner.

On account of some changes in the room work it so happened that the whole grade was left in the gymnasium for nearly an hour one day, and no definite work was undertaken. All apparatus on which they could hang was let down to a height just above the head of the tallest one, and all the balls and throwing apparatus were brought out and they were allowed to spend the time in free and undirected play.

### THIRD GRADE:

One lesson of the month was given to individual dances which had been invented by the children in their rhythm work in literature (work probably described in the report of the grade teacher). This lesson, requiring most definite concentration, closed with a fine game of "hang tag".

The new postural work consisted of pushing exercises with the wards, a lesson of arm and body exercises while marking time, and the adding of a finish movement to each movement of a lesson in freehand work. This finish movement was introduced in the lessons of various grades during the month to give the children the idea of getting all possible out of a very simple movement and to impress upon them that the value of an exercise is in proportion to their own effort.

No new work was introduced in apparatus, and in games, only two, "find your partner" spoken of in the first grade, and "here goes up for", a circle game with the basket ball.

### GRADE FOUR:

New postural work consisted of bending and stretching exercises with dumb bells and some free hand work with clapping, yawning and breathing.

For the first time this year the grade was divided into sections for apparatus work. One section or group doing review work on the traveling rings, and one at rope-climbing. The only new game introduced was "find your partner", which differed in this grade from the game of the same name taught in the lower

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grades, in that the skipping is done in a circle, instead of without direction about the room. One especially cold day when the groups were small, some training in handling a basket ball was given in place of the regular game, the teacher throwing the ball quickly to some child, who immediately returned it to the teacher when it was again given a quick throw to another child, etc.

MISS HUGHES GRADE:

This grade continues to improve, showing the result of lessons in a small group. Their marching is decidedly improved and the device of adding a finish movement of the free hand movements has given them a form in their work and a sense of physical excellence which they have not before felt. Backward bending of the body on the benches has been included in practically every lesson, in hopes that strong exercise of the trunk muscles will assist in bettering their posture. They are still, as a whole, unable to support themselves ~~on~~ <sup>best</sup> ~~the~~ arm hanging exercises, and several lessons have been given on swinging and climbing on one rope.

Their games have been the same as the fourth grade, and for the first time this year they have had a lesson in "guard your pins" which the other fourth grade groups have been playing the greater part of the year. "Find your partner" they are unable to play in circle and so play it as in the first grade.

FIFTH GRADE:

This grade lost two lessons on account of holiday and change in program. The new postural work has introduced body exercises in fallout position.

In apparatus work they began the backward turn on the traveling rings which it will be necessary to perfect before they can begin the brother work which closes the work of the fifth grade for the year.

One morning the fifth grade without any preparation or previous announcement, invited to the gymnasium for the morning exercise the sixth, seventh and eighth grades of the school. They gave a lesson in marching, running, wand exercises and traveling rings, which not only seemed to interest, but was perhaps in finish of work an example to the upper grades who watched them.

SEVENTH GRADE:

The seventh grade has made very little progress during the month of February in formal work. In one lesson we joined the boys' class which was taught by Dr. Frew, as our own gymnasium was needed for exhibition work in dancing. One lesson was given to an inter-grade swimming meet, in which the boys of the two grades contested. We were allowed to go to the Bartlett Gymnasium pool and cheerleaders were elected and cheers made by the boys and songs and class yells invented and sung. While the girls lost their formal work, it seemed upon the whole a very effective use of the time, as it has served to interest the entire grade in swimming and the girls are now planning for a competitive meet of their own. The lessons with the reeds have been given up, as they were naturally of a rhythmic character and the girls feel that with only one gymnasium

*Miss Mann*  
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lesson a week they wish to do work of a more vigorous character, have more time for apparatus work and games.

In one lesson resting exercises on the horse were introduced. Volley ball has been dropped entirely from the day's lesson, as they have two days each week during the noon period given entirely to this game.

*For*  
*man*

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### THIRD GRADE:

One lesson of the month was given to individual dances which had been invented by the children in their rhythm work in literature (work probably described in the report of the grade teacher). This lesson requiring such definite concentration closed with a fine game of hand tag.

The new postural work consisted of pushing exercises with the wands, a lesson on arm and body exercises while marking time, and the adding of a finish movement to each movement of a lesson in free hand work. This finish movement was introduced in the lessons of various grades during the month to give the children the idea of getting all possible out of a very simple movement and to impress upon them that the value of an exercise is in the proportion of their own effort.

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the girls lost their formal work, it seemed upon the whole a very use of the time, as it has served to interest the entire grade in swimming and the girls are now planning for a competitive meet of their own. The lessons with the reeds have been given up, as they were naturally of a rhythmic character and the girls feel that with only one gymnasium lesson a week they wish to do work of a more vigorous character and have more time for apparatus work and games.

In one lesson exercises on the horse were introduced. Volley ball has been dropped entirely from the day's lesson, as they have two days' each week during the noon period given entirely to this game.



## PHYSICAL CULTURE - Miss Mann.

Month of April, 1909.

The demonstration of physical work of the School of Education in Bartlett Gymnasium on the evening of April 23d. was participated in only by the 5th, 6th, 7th, and 8th grades. Children below the 5th grade, at the suggestion of the Department, and as a result of the vote of the teachers, were not included as it was thought that the social benefits could not compensate for the excitement and late hours. The work of the participating grades consisted of work selected from the lessons of the year and so did not require extra time from the regular school periods for rehearsal.

This month classes were organized for those children who most needed more gymnasium work than the regular schedule calls for. Attendance upon these classes is optional and they are not held during school hours. This added to my schedule a class for children from the 2d. and 3d. grades on Tuesday and Wednesday from 2:00 to 2:30 and for the girls of the 6th, 7th, and 8th grades on Wednesday and Thursday from 2:30 to 3:00.

### GRADE 1:

Nearly all the postural work of the month consisted of free hand exercises. In apparatus work new exercises on the oblique and horizontal ladders were introduced.

New games, spinning and rolling contests with wooden rings, "Cat and Mouse", (similar in form to the "Gardner and the Girls picking flowers"), "Kick Ball" a circle game in which the object is to roll the ball out of the circle by striking it with the feet, and "Dodge Ball" with a line. In the last the class is divided into two opposing teams who alternately throw the ball at the other side. If the ball touches the feet of any opposing player that player has to leave his side and come across the line.

### GRADE 2:

Postural work: Free hand, with wands, two with wooden rings, and one free standing lesson of clapping exercises.

New apparatus travel forward while hanging on the beams of horizontal ladder.

New games. "kick ball", "Dodge Ball" with a line, and spinning contests with wooden rings.

### GRADE 3:

Postural work - three lessons with wands, one each with bells and wooden rings and the remaining free hand.

New apparatus - the travel forward while hanging on the beams of the horizontal ladder, and jumping to bent arm hang on the horizontal ladder.

New games - "Kick Ball", "Dodge Ball" with the line and "Three Deep".

### MISS HUGHES' GRADE:

Great improvement. Postural work with bells, rings, and the remaining lessons free hand.

Apparatus -- the travel forward on the horizontal ladders. New game - "Kick Ball".

GRADE 4:

Postural work - two lessons with wands, two with rings, the remainder free hand.

New apparatus work - Jump for distance from the spring board.

GRADE 5:

The 5th grade had the privilege of having one lesson in the Bartlett Gymnasium. This seemed necessary, from the standpoint of the teacher, as the surroundings would then be less strange on the night of the demonstration, and it was a great joy to the children as the Bartlett travelling rings include several more rings than the set in their own gymnasium. They lost one lesson during the month to practice dancing for the Bartlett demonstration, and another to attend the splendid April Fool Party (participated in by all grades).

Postural work: -- free hand, with wands and bells.

New apparatus - travel forward also backward on the beams of the horizontal ladder.

GRADE 7:

All postural work has been done with Indian clubs. Some new work has been done on the parallels and flying rings.

## PHYSICAL CULTURE -- MISS MANN.

Month of May, 1909.

Usually at this time of the year much of the work is done either on the playground or on the Midway. This year the weather has been uniformly cold or wet. If by chance a day was warm enough to warrant the class going outside, it was impossible to do so as nearly all the children were dressed with their heavy winter clothing and exercise in the hot sun followed by sitting in the cooler rooms of the building would have resulted in an epidemic of colds. Fortunately the gymnasium can be very well ventilated so that it is possible to carry on the lessons with the advantages of fresh air without overheating them in the sun.

The work of the dancing teacher closed with April. This gave her period for physical exercise to the gymnastic department. Because of this additional time for the gymnastic work it was possible to include dancing and singing games, or dancing, in practically all gymnastic lessons.

Dr. Norris took the 2:00 to 2:30 Tuesday class for 2d. and 3d. grade children as the 7th grade girls now come for gymnastics at this time.

### GRADE 1:

New work - skipping ropes, climbing exercises both up and down the oblique ladder, rhythmical exercises on the balance beams, swinging exercises with two ropes, and the dancing games, "Here comes a Bluebird" and "I took a walk".

### GRADE 2:

New work - Jump for height from spring board, simple hanging from flying rings, oblique ladder. The dancing games "Here comes a Bluebird", "I took a walk" and "I see you".

### GRADE 3:

New work - climbing a rope, flying rings, oblique ladder; the dancing games "I took a walk" and "I see you".

### MISS HUGHES' GRADE:-

Practically the same as the 3d. grade, with the addition of the 4th grade game "Guard your pins" which they have been playing for several months.

### GRADE 4:-

The 4th grade one morning gave a "morning exercise" on African Animals. The student teacher who had had charge of this work wished the exercise to include an elephant dance. One lesson was given to movements on all fours, this being the interpretation by every member of the class of their idea of an elephant dance. By the end of the lesson all had come to see that such a performance would be too ludicrous for a morning exercise which was intended to

impress an audience with elephant characteristics such as, grand, stately, laborous, pendulous, majestic of rhythm, etc. A second lesson was given to the arrangement of movements which were purely imitative, one to the movements of the trunk, another to the movements of the ears, etc. But in this, while they wished to be, they were not interested. When finally the idea came to them of representing the dance of the elephants as described in the Jungle Book, the ideal basis for a dance was reached, as every movement depended upon its existence upon the imagining and acting of a series of events.

New work - jumping exercises with reeds, climbing the oblique ladder, swinging forward on one rope to clear an obstruction, flying rings, the dancing game "I see you" and their own elephant dance.

On two different days the game (which is still "guard your pins") was played on the Midway.

#### GRADE 5:-

New work - Jumping exercises with reeds, climbing on an oblique ladder, jumping with a partner from a spring board, brother work on the traveling rings (facing): The composing of a dance for their play Robin Hood. As in the 4th grade, on suitable days, they went to the Midway for the game "Guard your Pins"). Whenever possible, some part of the lesson, the run or the game was taken to the playground on the Midway.

#### GRADE 7:-

Considerable advance has been made in the difficulty of the exercises with Indian clubs and each lesson has included dancing (The Rose Dance). The game of "Newcomb" has been taught.

## PHYSICAL CULTURE - Miss Mann.

Month of April, 1909.

The demonstration of physical work of the School of Education in Bartlett Gymnasium on the evening of April 23d. was participated in only by the 5th, 6th, 7th, and 8th grades. Children below the 5th grade, at the suggestion of the Department, and as a result of the vote of the teachers, were not included as it was thought that the social benefits could not compensate for the excitement and late hours. The work of the participating grades consisted of work selected from the lessons of the year and so did not require ~~extra~~ time from the regular school periods for rehearsal.

This month classes were organized for those children who most needed more gymnasium work than the regular schedule calls for. Attendance upon these classes is optional and they are not held during school hours. This added to my schedule a class for children from the 2d. and 3d. grades on Tuesday and Wednesday from 2:00 to 2:30 and for the girls of the 6th, 7th, and 8th grades on Wednesday and Thursday from 2:30 to 3:00.

### GRADE 1:

Nearly all the postural work of the month consisted of free hand exercises. In apparatus work new exercises on the oblique and horizontal ladders were introduced.

New games, spinning and rolling contests with wooden rings, "Cat and Mouse", (similar in form to the "Gardner and the Girls picking flowers"), "Kick Ball" a circle game in which the object is to roll the ball out of the circle by striking it with the feet, and "Dodge Ball" with a line. In the last the class is divided into two opposing teams who alternately throw the ball at the other side. If the ball touches the feet of any opposing player that player has to leave his side and come across the line.

### GRADE 2:

Postural work: Free hand, with wands, two with wooden rings, and one free standing lessing of clapping exercises.

New apparatus travel forward while hanging on the beams of horizontal ladder.

New games. "kick ball", "Dodge Ball" with a line, and spinning contests with wooden rings.

### GRADE 3:

Postural work - three lessons with wands, one each with bells and wooden rings and the remaining free hand.

New apparatus - the travel forward while hanging on the beams of the horizontal ladder, and jumping to bent arm hang on the horizontal ladder.

New games - "Kick Ball", "Dodge Ball" with the line and "Three Deep".

### MISS HUGHES' GRADE:

Great improvement. Postural work with bells, rings, and the remaining lessons free hand.



Apparatus -- the travel forward on the horizontal ladders. New game - "Kick Ball".

GRADE 4:

Postural work - two lessons with wands, two with rings, the remainder free hand.

New apparatus work - Jump for distance from the spring board.

GRADE 5:

The 5th grade had the privilege of having one lesson in the Bartlett Gymnasium. This seemed necessary, from the standpoint of the teacher, as the surroundings would then be less strange on the night of the demonstration, and it was a great joy to the children as the Bartlett travelling rings include several more rings than the set in their own gymnasium. They lost one lesson during the month to practice dancing for the Bartlett demonstration, and another to attend the splendid April Fool Party (participated in by all grades).

Postural work: -- free hand, with wands and bells.

New apparatus - travel forward also backward on the beams of the horizontal ladder.

GRADE 7:

All postural work has been done with Indian clubs. Some new work has been done on the parallels and flying rings.



## PHYSICAL CULTURE -- MISS MANN.

Month of May, 1909.

Usually at this time of the year much of the work is done either on the playground or on the Midway. This year the weather has been uniformly cold or wet. If by chance a day was warm enough to warrant the class going outside, it was impossible to do so as nearly all the children were dressed with their heavy winter clothing and exercise in the hot sun followed by sitting in the cooler rooms of the building would have resulted in an epidemic of colds. Fortunately the gymnasium can be very well ventilated so that it is possible to carry on the lessons with the advantages of fresh air without overheating them in the sun.

The work of the dancing teacher closed with April. This gave her period for physical exercise to the gymnastic department. Because of this additional time for the gymnastic work it was possible to include dancing and singing games, or dancing, in practically all gymnastic lessons.

Dr. Norris took the 2:00 to 2:30 Tuesday class for 2d. and 3d. grade children as the 7th grade girls now come for gymnastics at this time.

### GRADE 1:

New work - skipping ropes, climbing exercises both up and down the oblique ladder, rhythmical exercises on the balance beams, swinging exercises with two ropes, and the dancing games, "Here comes a Bluebird" and "I took a walk".

### GRADE 2:

New work - Jump for height from spring board, simple hanging from flying rings, oblique ladder. The dancing games "Here comes a Bluebird", "I took a walk" and "I see you".

### GRADE 3:

New work - climbing a rope, flying rings, oblique ladder; the dancing games "I took a walk" and "I see you".

### MISS HUGHES' GRADE:-

Practically the same as the 3d. grade, with the addition of the 4th grade game "Guard your pins" which they have been playing for several months.

### GRADE 4:-

The 4th grade one morning gave a "morning exercise" on African Animals. The student teacher who had had charge of this work wished the exercise to include an elephant dance. One lesson was given to movements on all fours, this being the interpretation by every member of the class of their idea of an elephant dance. By the end of the lesson all had come to see that such a performance would be too ludicrous for a morning exercise which was intended to

impress an audience with elephant characteristics such as, grand, stately, laborous, pendulous, majestic of rhythm, etc. A second lesson was given to the arrangement of movements which were purely imitative, one to the movements of the trunk, another to the movements of the ears, etc. But in this, while they wished to be, they were not interested. When finally the idea came to them of representing the dance of the elephants as described in the Jungle Book, the ideal basis for a dance was reached, as every movement depended upon its existence upon the imagining and acting of a series of events.

New work - jumping exercises with reeds, climbing the oblique ladder, swinging forward on one rope to clear an obstruction, flying rings, the dancing game "I see you" and their own elephant dance.

On two different days the game (which is still "guard your pins") was played on the Midway.

#### GRADE 5:-

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#### GRADE 7:-

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# The University of Chicago

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## The School of Education

THE DEPARTMENT OF HYGIENE AND  
PHYSICAL EDUCATION

### Report for April, 1909. Gymnastics.

#### Sixth Grade.

As soon as it had been decided just what part of the open demonstration, given for the Parents' Association, the sixth grade was to take, more time was spent on those particular exercises. The sixth grade were to jump to bent arm position on the ropes and swing off, if any could climb they were to do so. One section was to play volley ball with the seventh grade and the rest of the class was to take the straddle vault over the low buck, and running mount to kneeling position on the horse. The only new things taken up during the month were various simple exercises on the parallels and new balance step work.

#### May, 1909.

After the first week in May the Social Dancing stopped and the time that the class had had for it came back to our department. This means the sixth grade, instead of having but one and three-fourths of an hour, has now two and three-fourths hour periods, and one and one-half hour period, each week. Two or three times the weather was such that all the work could be taken out of doors.

The work indoors has been marching, new balance steps, two couple dances, gymnastic exercises and more games than we have been able to play all winter.

The new gymnastic exercises has been a series taken on low benches for the purpose of strengthening the trunk muscles: the forward somersault over the horizontal bar and the backward somersault done on the ropes have also been taught.

We have been able to get a short game in at the end of almost every lesson, the favorite one is a relay obstacle race, the obstacles being a somersault and a bench under which the girls must go.

It is wonderful to see the added interest now taken in gymnastic work. Before with only one period there was very little interest, and the work was not very good, now the interest is keen and they enjoy their three periods immensely. Twice, on account of Memorial Day exercises and once because of a lecture, one of their periods was taken away, outside of this we have had no interruptions in our work.

#### Eighth Grade - April, 1909.

During the lessons before our Demonstration, we spent more time than we had been spending on captain ball, as this was to be

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the game the eighth grade girls were to play. The new work taken up during the month was simple couple work on low benches, one girl taking the exercise another holding or supporting her. These exercises are strong abdominal and back work.

New balance step work and a new couple dance were also taught.. Parallel bar exercises and jumping were also taken up and the girls did these exercises not so much for form and finish as to take the place of a game.

May, 1909.

When dancing stopped the period was given to gymnastics, giving the eighth grade girls three and three-fourths of an hour periods. With three or four exceptions this work has been taken out of doors in complete lessons or games. A new game called Long Base has been taught, in many ways it is like base ball and is an excellent game preparatory to Base Ball.

Captain Ball is still played during one period and Volley Ball during the last half hour of lunch period. The attendance at Volley Ball has fallen off considerable, because many girls play tennis on the Midway and because two days a week they must play alone and keep their own score, this is because I have a Corrective class of fourth and fifth grade boys at this time.