



Manual of Physical Training for the Primary and Grammar Grades (Classic Reprint)

By George Wittich

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Manual of Physical Training for the Primary and Grammar Grades This Hand Book is intended for the public graded schools of Milwaukee. The instructions are imparted directly to the teachers and pupils by trained specialists; it is, therefore, unnecessary to discuss in detail in this book the method of teaching the exercises as well as all other points pertaining to the disposition and handling of classes within and out of doors. The exercises of this outline are designed for the purpose of bringing about the following results in the physical make-up of the school children of the grades: 1. The increase of the circulation and general distribution of the blood by means of vigorous rhythmical action of the larger muscle groups, and a thorough aeration of the blood through deep and somewhat forced respiration. 2. The improvement of chest capacity, of posture and the maintenance thereof. The former is achieved through stretching, certain trunk and neck exercises and forced respiration, and the latter through so-called corrective exercises in standing, sitting, kneeling and balancing. 3. The...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

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