



## Supplement to Manual in Physical Education for the Public Schools of State of California, Vol. 4: Syllabus on Physical Training Activities with Methods of Management and Leadership (Classic Reprint) (Paperback)

By Clark W Hetherington

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Supplement to Manual in Physical Education for the Public Schools of State of California, Vol. 4: Syllabus on Physical Training Activities With Methods of Management and Leadership 1. All are sleepy. Heads on desks. 2. Wake up and sit straight, stretching arms as though just waking. What shall we do to make us lively? Go out in the snow and play. 3. Hurry to best standing position. 4. Pull on rubber boots, first right and left. 5. Pull cap over ears (elbows kept out and back). 6. Very cold day. Arms must be warmed. Arms out at side. Fling them across chest and slap opposite shoulders. 7. Stoop way down and pick up handful of snow. Make snowball while standing erect. Throw snowball at some spot in room with right arm. Repeat and throw with left arm. 8. Walk through snow drift with hands on hips, lifting feet and knees high with each step. 9. Run home. 10. Take in long breaths of fresh air, raising the arms straight from the sides to shoulder height...

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