

1921 A Day in the Schoolroom Physical Drill

It is time for our daily Physical Drill – as you know, it is important to move around so as to increase the healthy circulation of your blood, which in turn will encourage good behaviour and thinking.

For today's drill, make sure that you have space around you. Take your positions – without PUSHING boy! – and as always, follow every movement that I make but I do NOT wish to hear any voice apart from my own!

So...place your hands on your waist. Eyes front, hips slightly apart, good strong stance. We will bend to the right three times. Off we go. And back. Now, three bends to the left. Off we go. And back. Put your arms out in front of you and touch your toes.

Let us do that again but faster. Eyes front, hands on waist, feet apart. Bend three times to the left. And back. Bend three times to the right. And back. Hands out in front of you. Touch your toes, and back.

Put your hands on your shoulders, like so. Shoulders, side, shoulders down. Shoulders, side, shoulders, down. Shoulders, side, shoulders, down.

Shoulders, up, shoulders, down. Shoulders, up, shoulders, down. Shoulders, up, shoulders, down.

Shoulders, front, shoulders, down. Shoulders, front, shoulders, down. Shoulders, front, shoulders, down.

March on the spot! Lift those legs high! Swing those arms! Faster! Faster! Faster! And stop!

Children – you are dismissed for dinner. Return this afternoon, ready to work ...