

**THE THEORY OF
PHYSICAL EDUCATION IN
ELEMENTARY SCHOOLS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649506118

The Theory of Physical Education in Elementary Schools by Thomas Chesterton

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

THOMAS CHESTERTON

**THE THEORY OF
PHYSICAL EDUCATION IN
ELEMENTARY SCHOOLS**

THE THEORY
OF
PHYSICAL EDUCATION.

1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that this is crucial for ensuring transparency and accountability in the organization's operations.

2. The second part outlines the various methods and tools used to collect and analyze data. This includes the use of surveys, interviews, and focus groups to gather qualitative information, as well as the application of statistical software for quantitative analysis.

3. The third part details the process of identifying and measuring key performance indicators (KPIs). It explains how these indicators are selected based on the organization's strategic goals and how they are used to track progress and performance over time.

4. The fourth part discusses the challenges and limitations of data analysis. It highlights the potential for bias in data collection and the importance of using appropriate statistical techniques to minimize these risks.

5. The fifth part provides a summary of the findings and conclusions drawn from the analysis. It notes that while there are significant opportunities for improvement, the organization is making steady progress towards its goals.

6. The final part offers recommendations for future research and action. It suggests that further exploration of emerging technologies and data sources could provide valuable insights into the organization's performance and potential.

THE THEORY
OF
PHYSICAL EDUCATION
IN
ELEMENTARY SCHOOLS.

BY
THOMAS CHESTERTON,
Organizing Teacher of Physical Education to the London School Board.
LATE CHIEF INSTRUCTOR AT THE ALDERSHOT GYMNASIUM.
Author of Manual of Drill & Physical Exercises, &c., &c.
First-Class (Advanced) Certificates for Physiology and Hygiene from the
Science Department, South Kensington.
Founder of the British College of Physical Education.

WITH A PREFACE BY
COLONEL G. M. ONSLOW,
Late Inspector of Military Gymnasias in Great Britain.
Examiner in Physical Education to the School Board for London.

LONDON: GALE & POLDEN, LTD.,
2, AMEN CORNER, PATERNOSTER ROW, LONDON, E.C.
AND
WELLINGTON WORKS, ALDERSHOT.

TWO-AND-SIX.

Post Free to any part of the World.

1715.

PREFACE.

By means only of a rational and scientific system of Physical Education can we hope to attain the full and harmonious development of all the physical organs and senses, for the preservation of health, the uniform increase and growth of muscular power, and the strengthening and bracing up of the whole nervous system ; and only by the establishment of a ready obedience of the voluntary muscles to the mandates of the will can we acquire perfect co-ordination of movement, suppleness and flexibility of limb, an active gait and graceful carriage of the body. *Unequal* development of our mental and physical faculties is injurious ; their education should therefore be *coincident*. Now the supreme importance of Physical and Mental culture being conducted concurrently, is as yet far from being recognised by the great bulk of the British Nation, and indeed one may safely affirm, that it has only received any attention at all from the majority

of those responsible for the training of our boys and girls within a comparatively recent period ; and up to a very short time ago, the Educational Department in White-hall made no mention whatever of Physical Exercises in the Elementary School code, and presumably considered it a matter of but small moment, whether the children of the masses grew up with undeveloped and puny bodily powers or not.

A great move however in the right direction has at last been made, by the introduction into the said code of a clause by which it will in August next become compulsory on all Elementary School managers to make due provision for the instruction of their children in "Swedish or other drill or other suitable physical exercises"—so it is worded.

It can only therefore now be a question of time, and let us trust a short time, before managers of High Schools and all other Educational Establishments will be compelled to take the matter seriously in hand, and indeed we may now reasonably hope that before long parents among all classes will simply refuse to send their children to any schools where suitable provision is not made for giving the instruction in question.

The demand then for scientific Instructors is sure to

greatly increase, and at all Training Colleges the Students will doubtless be called upon to qualify themselves in such a manner, as to be capable of giving instruction in this subject, and therefore the production of this book of Mr. Chesterton's on the Theory of Physical Education in Elementary Schools must be considered as most opportune, and as being undoubtedly calculated to materially facilitate the study of the science, without undue labour on the part of the student, and with much economy of time. The book is exhaustive and yet concise, it enters into every detail connected with the proper development and healthy condition of the corporeal powers, it describes in an interesting and intelligible manner the wonderful mechanism of the human body, it teaches how the due performance of all the vital processes is dependent upon the functional health and activity of all the organs, and how again these are influenced and promoted in a high degree by rational and properly directed training, by moderate exercise, wholesome food, pure air, and good sanitary surroundings generally. It emphasizes the necessity for the taking of proper rest, and deals with the question of suitable clothing, and it sums up very fairly and reasonably the advantages and disadvantages attending the employment of music and singing in

connection with bodily exercises, upon which point there is much diversity of opinion among experts, and there is introduced a most interesting and valuable little article on "Singing and Declamation in relation to Physical Exercise," by C. Roberts, Esq., F.R.C.S., a gentleman well known for his intimate knowledge of the science of Physical Education, and for all he has done to advance it. The rules laid down by Mr. Chesterton for the guidance of persons conducting a practical lesson are clear, ample, and precise, and are based throughout on sound principles and common-sense, and should be most carefully read and digested by all students of this subject. Attention is very properly directed to the injurious positions into which children are so liable to fall when reading and writing, and to the serious consequences which but too frequently result from the use of unsuitable desks and seats, for alas! the provision of properly constructed desks and seats is sadly neglected in very many schools, to the great detriment of the little students. The remarks upon games are excellent and much to the point, as any book on physical education, written in our own language for the inhabitants of these islands to read, would unquestionably be incomplete did it not touch upon the subject of our out-door games, for they have