

GYMNASTIC TEACHING

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649128396

Gymnastic teaching by William Skarstrom

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

WILLIAM SKARSTROM

**GYMNASTIC
TEACHING**

GYMNASTIC TEACHING

By

WILLIAM SKARSTROM, M. D.

*Associate Professor of Physical Education
Wellesley College, Wellesley, Mass.*



AMERICAN PHYSICAL EDUCATION ASSOCIATION
DISTRIBUTING AGENT
SPRINGFIELD, MASS.
1914

COPYRIGHT, 1914
BY
WILLIAM SKARSTROM

PREFACE.

GV
363
S62

For a number of years some of my friends had been asking me to write on the subject of *Gymnastic Teaching*, and finally Dr. J. H. McCurdy persuaded me to undertake the task. Like "*Gymnastic Kinesiology*" it was done, with the exception of the Appendix, in the form of monthly contributions to the *PHYSICAL EDUCATION REVIEW* during the past three years.

In this presentation I cannot claim to have added anything new to the subject. Nor have I tried to make an exposition of any particular system. It is merely an attempt to pick out and elucidate some of the principles underlying all gymnastic work and to show some of the possibilities of their varied application under different conditions. While some phases of the subject, such as the values and effects of the work, are still largely in the theory stage, the practical aspects of the work—methods and technique of teaching it, and the management of gymnastic material—have been abundantly tried and their effectiveness reasonably well proven. Indeed, the part of the discussion which deals with this side of the subject is but the summary of results of more than twenty years of study, observation and experience in teaching the work under fairly varied conditions—in the Y. M. C. A., in secondary schools, colleges and normal schools.

The book is offered to teachers and students of physical education with the hope that it may prove helpful in the adaptation of gymnastic work to all kinds of conditions, but especially with a view to meeting conditions in educational institutions. If it will contribute to a broader, more liberal point of view, to a greater interest in and more effective teaching of gymnastic work, and thus to a fuller realization of its potential values, the effort will not have been made in vain.

My grateful acknowledgment of helpful suggestions would include all the friends with whom I have been associated during the past twenty-two years. Among those who aroused my interest and guided me during my first years of teaching are Drs. J. H. McCurdy, C. J. Enebuske and L. Collin. In forming my point of view and general ideas on the subject I owe much to profitable discussion with these friends as well as Drs. L. H. Gulick, G. L. Meylan, C. W. Crampton, T. D. Wood, F. Leonard and others. In the systematizing and grading of apparatus work for men I received much help from Dr. G. L. Meylan, Mr. J. A. Davis and Mr. A. I. Prettyman while engaged in teaching the work at Columbia University. And to the stimulating, encouraging and steadying influence of Miss Amy Morris Homans I shall always attribute a large part of whatever success I may have attained in teaching the practical as well as theoretical side of the subject.

Wellesley, June, 1914.

674363

TABLE OF CONTENTS.

PREFACE.

I. INTRODUCTION.

Principles of selection and systematizing, grading and progression of activities are fundamental in education.

Place of gymnastics in physical education. Diversity of theory and method.

The element of definiteness in gymnastics.

The spirit of the work and the spirit of teaching.

II. GENERAL PRINCIPLES.

1. SOME ESSENTIALS FOR SUCCESSFUL TEACHING.

Personality of the teacher.

Knowledge of principles and methods.

2. CONTROL AND CLASS MANAGEMENT.

Incentives.

Will power.

Interest: Getting and keeping in touch with class.

3. DISCIPLINE AND ATTENTION.

4. LEADERSHIP AND FRIENDLY RELATIONS.

Suggestion and example.

Personal relations between teacher and class.

III. METHODS AND TECHNIQUE.

1. FORMATIONS, DISTRIBUTION AND POSITION OF CLASS ON THE FLOOR.

Variation in the formation, by facings, during class exercises.

2. GYMNAS TIC COMMANDS.

Essential features of commands.

Different kinds of commands.

General factors in the use of commands.

3. THE TECHNIQUE OF COMMANDS.

The preparatory part of the command.

The pause in the command.

The final part of the command.

The use of the numerals.

Commands for stopping rhythmic exercises.

Summary.

4. THE ACTIVE AND RELAXED GYMNAS TIC POSITIONS.

5. INSTRUCTION.

Preparation of teacher.

Presentation of exercises.

Supplementary instruction: Cues, admonitions and stimulation.

6. CORRECTION.

- Systematic observation of class work.*
- Causes of faults.*
- Summary of methods of correcting.*
- The technique of manual correction.*

7. REVIEW AND SUMMARY OF METHODS OF TEACHING DIFFERENT TYPES OF WORK.

- Exercises of the indefinite type.*
- Methods and technique of teaching.*
- The definite type of exercises.*
- Methods of teaching.*
- Rhythm and definiteness.*

IV. SUBJECT-MATTER.

1. AIMS AND VALUES OF GYMNASTICS.

- (1) *The hygienic aim.*
- (2) *The educational aim.*
 - Objective and subjective motor training.*
 - Good posture and erect carriage.*
 - Equalization of growth and development.*
 - Acquisition of useful forms of agility.*
 - Mental, moral and social training.*
- (3) *The recreational aspect of gymnastics.*
- (4) *Adaptation of aims to conditions.*

2. SELECTION.

3. CLASSIFICATION.

- (1) *Order exercises.*
- (2) *Leg and arm exercises.*
- (3) *Arching movements.*
 - The factors which determine posture.*
 - Faulty posture.*
 - Posture training.*
- (4) *Compensatory movements.*
- (5) *Lateral trunk exercises.*
- (6) *Abdominal exercises.*
- (7) *Back and shoulder blade exercises.*
 - A. *Shoulder blade movements.*
 - Fixation of shoulder girdle.*
 - B. *General back movements.*
- (8) *Charges.*
- (9) *Balanced exercises.*
- (10) *Suspension exercises.*
- (11) *Arm support exercises.*
- (12) *Jumping and vaulting.*
- (13) *Running and running games.*
- (14) *Respiratory exercises.*

4. THE CONTENT AND CHARACTER OF THE GYMNASTIC LESSON.

- Proper distribution of work.*
- Warming up.*
- Progressive organic activity as guide.*
- Totality or all-round character.*
- General lesson plan.*
- Arrangement.*
- Outline of series of free-standing exercises.*

*Modifications.**Variety in selection, combination and sequence.**The apparatus work.**Running, marching and breathing exercises.**Summary.*

5. PROGRESSION.

*Progression as applied to gymnastic lessons.**Within the lesson. From lesson to lesson.**Repetition.**Principles of progression of free-standing exercises.**General considerations.**Types and their relative difficulty.**Complexity.**Combination and alternation.**Speed.**Rhythm.**Derived starting positions.**Terminology of starting positions and the movements through which they are reached.*

6. APPLICATION OF PRINCIPLES OF PROGRESSION IN THE VARIOUS CLASSES AND TYPES OF FREE-STANDING EXERCISES.

*Leg and arm movements.**Arching movements.**Compensatory exercises.**Lateral trunk exercises.**Back exercises.* *a. Shoulder blade movements.* *b. General back movements.**Abdominal exercises.**Balance exercises.**Charges.*

7. PROGRESSION OF APPARATUS EXERCISES.

*General considerations.**Suspension exercises.**Arm support exercises.**Jumping and vaulting.* *a. Jumping.* *b. Vaulting.* *c. Swing jumps.*

8. PROGRESSION OF GYMNAS TIC LESSONS.

*Series 1. High School Girls. First year.**Series 2. High School Girls. Second year.**Series 3. High School Boys. First year.**Series 4. High School Boys. Second year.**Series 5. College Women. First year.**Series 6. College Women. Second year.**Series 7. College Men. First year.**Series 8. College Men. Second year.*

V. APPENDIX.

1. PROGRESSION LISTS OF FREE-STANDING EXERCISES.

Leg and arm movements.(1) *Foot placings, heel raising, etc.*(2) *Knee bending, alternate knee bending, side lunge, etc.*