

**ONE HUNDRED AND
FIFTY GYMNASTIC
GAMES**

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One Hundred and Fifty Gymnastic Games by Various

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VARIOUS

**ONE HUNDRED AND
FIFTY GYMNASTIC
GAMES**

ONE HUNDRED AND FIFTY
GYMNASTIC GAMES

COMPILED BY

THE FOLLOWING MEMBERS OF THE ALUMNI OF THE
BOSTON NORMAL SCHOOL OF GYMNASTICS

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1902

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Dedicated
TO THE MEMORY OF
MRS. MARY HEMENWAY

193952

INTRODUCTION

For several years past, leaders in the field of education have spent considerable time and energy in probing for the true nature of games and plays,—what they are and what they mean. Indeed, the psychology of physical exercise has become a favorite topic of discussion among school and college authorities. At whatever solution of this question the philosophers may have arrived, they, certainly, all agree that play constitutes a very important element in all education, moral, mental, and even physical.

Considered from the standpoint of the teacher of gymnastics, such games as can be played without much special training form a most valuable adjunct to the formal exercises of the gymnastic lesson, furnishing, perhaps, the best means to obtain its purely hygienic effects. The muscular work, as a rule, is of a general character, not very severe at any one time, but continuous. It involves moderate contractions, frequently repeated, of large groups of muscles, and is, therefore, conducive to gently increased organic activity for longer periods than is possible or practicable in the well-defined and more

localized gymnastic movements. At the same time the element of voluntary, concentrated attention is absent, the intrinsic interest in the game being sufficient to hold the attention without any effort on the part of the individual.

Besides offering opportunity for spontaneous, joyous bodily activity and *abandon*, games, even more effectively than gymnastics, train quickness of perception, judgment, and decision, accuracy of effort with reference to external objects, and a proper sense of co-operation with others; that is, of team work. Thus, while neither can supply the place of the other, a judicious combination of formal exercises and play will best serve the interests of the pupils.

The object of the present book is to furnish for the use of gymnastic teachers a compact and practical collection of games. The rules have therefore been stated as simply as possible, and only those games have been included which have been actually tested and found valuable.

In the preparation of the book the alumni of the Boston Normal School of Gymnastics have actively co-operated by contributing and testing games, and in other ways. To them, accordingly, thanks are especially due.

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