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MANUAL OF DRILL

AND

PHYSICAL EXERCISES.

ADELAIDE.
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One.

Two.

Three.

Four.
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One.

Two.

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One.

Two.

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MANUAL OF DRILL AND PHYSICAL EXERCISES.

PART I.

SQUAD DRILL.


I.

1. Teachers must be clear, firm, and concise in giving their directions. They must allow for the different capacities of the pupils, and be patient where endeavour and goodwill are apparent.

2. Pupils should fully comprehend one part of their drill before they proceed to another. When first taught their positions they should be properly placed by the teacher; when more advanced, they should not be touched, but taught to correct themselves when admonished. They should not be kept too long at any one part of their exercise.

The teacher should use frequent illustration rather than constant repetition of explanations.

II. Duration of Drills.—Short and frequent drills are preferable to long lessons, which exhaust the attention both of the teacher and pupil.

III. Words of Command.—1. Every command must be loud, and distinctly pronounced, so as to be heard by all concerned.

2. Every command that consists of one word must be preceded by a caution. The caution, or cautionary part of a command, must be given slowly and distinctly. The last or executive part, which, in general, should consist of only one word or syllable, must be given sharply and quickly—as Company—Halt: Half Right—Turn. A pause of slow time will invariably be made between the caution, or cautionary part of a command, and the executive word.
3. When the last word of a caution is the signal for any preparatory movement, it will be given as an executive word, and separated from the rest of the command by a pause of slow time—

thus, Right—Form. Quick—March—as though there were two separate commands, each with its caution and executive word.

4. When the pupils are in motion, executive words must be completed as they are commencing the pace which will bring them to the spot on which the command has to be executed. The cautionary part of the word must, therefore, be commenced accordingly.

**SQUAD DRILL, WITH INTERVALS.**

2. Formation of Squad.

This may be done in several ways—

A. Place the pupils in ranks (that is side by side) of ten or twelve at arm's length apart.

B. Fall in in single rank, properly sized.

*Number.*

*Odd numbers*

two paces forward.

*March.*

The line will be numbered off from the right.

The lower classes may number by twos—"One," "two."—"One," "two," &c.

Single rank will be formed by the reverse process.

C. A large squad, that is a little more advanced, may be opened for various exercises, thus:

*Form—Fours*

—Right.

From the left—extend.

Right—close, quick—March.

*Eyes—Left—*

Dress.

*Eyes—Front*

As explained in 42.

As usual.

Turn the head to the front, and drop the left hand smartly, but without noise.
3. Position of Attention.

The exact squareness of the shoulders and body to the front is the first and great principle of position. The heels must be in line and closed; the knees straight; the toes turned out, so that the feet may form an angle of 45 degrees; the arms hanging easily from the shoulder, elbows to the rear, slightly bent, the hand partially closed, thumb close to the forefinger, the backs of the fingers lightly touching the thigh; the hips rather drawn back, and the breast advanced, but without constraint; the body straight and inclining forward, so that the weight of it may bear principally on the fore part of the feet; the head erect, but not thrown back, the chin slightly drawn in, and the eyes looking straight to the front. (Plate I.)

When the pupil falls in for instruction, he will be taught to place himself in the position above described.

N.B.—The words in the margin printed in italics are the commands to be given by the teacher.

4. Standing at Ease.

Pupils will first be taught the motions of standing at ease by Numbers, then judging the Time.

1. By Numbers.

Caution—Stand at Ease, by Numbers.

\[
\begin{align*}
\text{One.} & \quad \text{On the word } \text{One, open the hands, raise the arms from the elbows, left hand in front of the centre of the body, as high as the waist, palm upwards; the right hand as high as the right breast, palm to the left front; both thumbs separated from the fingers, and the elbows close to the sides.} \\
\text{Two.} & \quad \text{On the word } \text{Two, strike the palm of the right hand on that of the left, drop the arms to their full extent, keeping the hands together, and passing the right hand over the back of the left as they fall; at the same time draw back the right foot six inches, and slightly bend the left knee.}
\end{align*}
\]

When the motions are completed, the arms must hang loosely and easily, the fingers pointing towards the ground, the right
SQUAD DRILL.

thumb lightly held between the thumb and palm of the left hand; the body must incline forward, the weight being on the right leg, and the whole attitude without constraint. (Plate I.)

\[\text{Squad—} \right\{ \begin{array}{l}
\text{On the word } \text{Attention}, \text{ spring up to the position } \\
\text{Attention.} \\
\end{array} \right\} \text{ described in 3.} \]

2. Judging the Time.

Caution—Stand at Ease, judging the Time.

\[\text{Stand at—} \right\{ \begin{array}{l}
\text{On the word } \text{Ease, go through the motions,} \\
\text{described in the standing at ease by Numbers,} \\
\text{distinctly but smartly, and without any pause} \\
\text{between them.} \\
\end{array} \right\} \]

\[\text{Squad—} \right\{ \begin{array}{l}
\text{As before.} \\
\end{array} \right\} \]

If the command Stand at—Ease is followed by the word Stand Easy, the pupils will be permitted to move their limbs, but without quitting their ground, so that on coming to Attention no one shall have materially lost his dressing in line. If pupils are required to keep their dressing accurately, they should be cautioned not to move their left feet.

On the word Squad being given to pupils standing easy, everyone will at once assume the position of standing at ease.

5. Dressing a Squad with Intervals.

\[\text{Eyes—Right.} \right\{ \begin{array}{l}
\text{On the words } \text{Eyes—Right, the eyes will be} \\
\text{directed to the right, the head being smartly} \\
\text{turned in that direction.} \\
\end{array} \right\} \]

\[\text{Dress.} \right\{ \begin{array}{l}
\text{On the word } \text{Dress, each pupil, except the} \\
\text{right-hand one, will extend his right arm, palm} \\
\text{of the hand upwards, nails touching the shoulder} \\
\text{of the boy on his right; at the same time he will} \\
\text{take up his dressing in line by moving, with short} \\
\text{quick steps, till he is just able to distinguish the} \\
\text{lower part of the face of the second boy beyond} \\
\text{him. Care must be taken that he carries his body} \\
\text{backward or forward with the feet, keeping his} \\
\text{head upright and his shoulders perfectly square} \\
\text{in their original position.} \\
\end{array} \right\} \]
On the words *Eyes—Front*, the head and eyes will be turned smartly to the front, the arm dropped, and the position of attention, as described in 3 resumed.

Dressing by the left will be practised in like manner.

6. Turnings.

In going through the turnings, the left heel must never quit the ground, but the pupil must turn on it as on a pivot, the right foot being drawn back to turn the body to the right, and carried forward to turn it to the left; the body must incline forward, the knees being kept straight.

In the first of each of the following motions the foot is to be carried back, or brought forward, without a jerk, the movement being from the hip, so that the body may be kept perfectly steady until it commences to turn.

**Right—Turn.**

- **On the word** *Turn*, place the hollow of the right foot smartly against the left heel, keeping the shoulders square to the front.
- **Two.** On the word *Two*, raise the toes and turn a quarter circle to the right on both heels, which must be pressed together. (Plate II., Fig. 1.)

**Left—Turn.**

- **On the word** *Turn*, place the right heel against the hollow of the left foot, keeping the shoulders square to the front.
- **Two.** On the word *Two*, raise the toes and turn a quarter circle to the left on both heels, which must be pressed together. (Fig. 2.)

**About—Turn.**

- **On the word** *Turn*, draw the right foot straight back, placing the ball of right toe as far back as the left heel; keep the shoulders square to the front.
- **Two.** On the word *Two*, raise the toes and turn to the right about on both heels.
- **Three.** On the word *Three*, bring the right foot smartly back in a line with the left. (Fig. 3.)

**Half Right (or Left)—Turn.**

- **On the word** *Turn*, draw back (or advance) the right foot one inch.
- **Two.** On the word *Two*, raise the toes and turn half right (or left) on both heels. (Figs. 4, 5.)
After any of the foregoing turnings the word Squad—Front may be given, on which the whole will turn, as accurately as possible, to their former front.

At squad drill with intervals the turnings will always be done by numbers, except when the word Front is given, in which case the pupil will judge the time, which must be a pause of quick time after each motion.

7. Saluting.

Boys will be practised in saluting, first by Numbers, then judging the Time.

1. Saluting to the Front.
   Caution—Salute, by Numbers.

   On the word One, bring the right hand smartly, with a circular motion, to the head, palm to the front, point of the forefinger one inch above the right eye, thumb close to the forefinger; elbow in line with the shoulder, and nearly square with it.

   On the word Two, let the arm fall smartly to the side.

   Caution—Salute, judging the Time.

   On the word Salute, go through the two motions described in One and Two.

2. Saluting to the Side.

Boys will next be taught to salute to the side, by Numbers, and then judging the Time, being turned to the right for the right-hand salute and to the left for the left-hand salute.

The cautions will be Right (or Left) hand Salute; or Right (or Left) hand Salute, judging the Time.

The salute will always be with the hand further from the person saluted.

The procedure will be as described in No. 1, except that as the hand is brought to the salute the head will be slightly turned towards the person saluted; as the arm is lowered the head will be turned to the front.

(Plate I.)
8. Extension Motions.

In order to open his chest and give freedom to his muscles the pupil will be practised in the following extension motions.

Pupils formed in squads with intervals will be turned a half turn to the right before commencing these practices.

Caution—First practice.

One. On the word *One*, bring the hands, at the full extent of the arms, to the front, close to the body, knuckles downwards, till the fingers meet at the points; then raise them in a circular direction over the head, the ends of the fingers still touching and pointing downwards so as to touch the cap, thumbs pointing to the rear, elbows pressed back, shoulders kept down.

Two. On the word *Two*, throw the hands up, extending the arms smartly upwards, palms of the hands inwards; then force them obliquely back, and gradually let them fall to the position of *Attention*, elevating the neck and chest as much as possible.

Three. On the word *Three*, raise the arms outwards from the sides without bending the elbow, pressing the shoulders back, until the hands meet above the head, palms to the front, fingers pointing upwards, thumbs locked, left thumb in front.

Four. On the word *Four*, bend over until the hands touch the feet, *keeping the arms and knees straight*; after a slight pause, raise the body gradually, bring the arms to the sides, and resume the position of *Attention*.

The foregoing motions are to be done slowly so that the muscles may be exerted throughout. (Plate III.)

Caution—Second practice.

One. On the word *One*, raise the hands in front of the body, at the full extent of the arms, and in line with the mouth, palms meeting but without noise, thumbs close to the forefingers.
SQUAD DRILL.

Two. On the word Two, separate the hands smartly, throwing them well back, slanting downwards; at the same time raise the body on the fore part of the feet.

One. On the word One, bring the arms forward to the position described above under One, and so on.

Two. On the word Two, separate the hands smartly, throwing them well back, slanting downwards; at the same time raise the body on the fore part of the feet.

Three. On the word Three, smartly resume the position of Attention.

In this practice, the second motion may be continued without repeating the words One, Two, by giving the order Continue the motions; the squad will then take the time from the right-hand boy: on the word Steady, the boys will remain at the second position, and on the word Three they will resume the position of Attention.

(Plate IV.)

Caution—Third practice.

The squad will make a second half turn to the right before commencing the third practice.

One. On the word One, raise the hands, with the fists clenched, in front of the body, at the full extent of the arms, and in line with the mouth, thumbs upwards, fingers touching.

Two. On the word Two, separate the hands smartly, throwing the arms back in line with the shoulders, back of the hand downwards.

Three. On the word Three, swing the arms round as quickly as possible from front to rear.

Steady. On the word Steady, resume the second position.

Four. On the word Four, let the arms fall smartly to the position of Attention.

(Plate V.)

MARCHING:


In marching, all must step off simultaneously with the left foot.

1. Length of Pace.

In quick time the length of a man's pace is 30 inches. That of a boy depends on his size. In drilling a class the average pace should be taken, but the boys should be carefully trained to take a full pace.
In double time and in stepping out the length of a man's pace is 33 inches, in stepping short, it is 21 inches, and in the side step it is 13\(\frac{1}{2}\) inches.

When a man takes a side pace to clear or cover another, as in forming four deep, which will be hereafter described, the pace will be 27 inches.

2. Time.

In quick time 120 paces are taken in a minute; in double time 155 paces. The time of the side step is the same as for the quick step.

10. The Drum and Plummet.

The drum will first beat the time in which the pupils are to march when the squad is halted; then, from time to time, when it is in motion. While the drum is beating at the halt, the pupils will give their whole attention to the time; when it ceases, the teacher will at once put the squad in motion.

In order to ascertain whether the time is beaten correctly, a plummet should be used. A plummet can readily be made by suspending a spherical ball of metal by a string, the length of which, measured from the point of suspension to the centre of the ball, must be as follows for the different degrees of march:—

\[
\begin{array}{ll}
\text{Inches} & \text{Hundredths} \\
\text{Quick} & 9 \quad 80 \\
\text{Double} & 5 \quad 18
\end{array}
\]

Thus arranged, the plummet will swing the exact time required. String being liable to stretch, the correctness of the plummet should frequently be tested by reference to a watch.

11. Position in Marching.

In marching, the pupil must maintain the position of the head and body, as directed in 3. He must be well balanced on his limbs. His arms and hands will swing naturally from the shoulder, the right arm swinging forward with the left leg, and the left arm with the right leg, the hand not to be thrown in advance of the leading foot, nor across the body. The hand will not be raised higher than the waist. The movement of the leg must spring from the haunch, and be free and natural.

Both knees must be kept straight, except while the leg is being carried from the rear to the front, when the knee must necessarily be a little bent to enable the foot to clear the ground. The foot must be carried straight to the front, and, without being drawn
back, placed firmly on the ground, so as not to jerk or shake the body; the toes turned out at the same angle as when halted.

Although several boys may be drilled together in a squad with intervals, they must act independently and precisely as if they were being instructed singly. Each pupil must be taught to march in a straight line, and to take a correct pace, both as regards length and time, without reference to the other members of the squad.

Before the squad is put in motion the teacher will take care that the boys are square individually, and in correct line with each other. Each boy must be taught to take up a straight line to his front, by first looking down the centre of his body between his feet, then fixing his eyes upon some object on the ground straight to his front at a distance of about 100 yards; he will then observe some nearer point in the same straight line, such as a stone, tuft of grass, or other casual object, about 50 yards distant.


The object of the balance step is to teach the pupil the free movement of his legs, preserving at the same time perfect squareness of shoulders and steadiness of body. No labor is to be spared to attain this object, which forms the very foundation of correct marching. The teacher must be careful that the pupil keeps his body well forward, and his shoulders perfectly square during these motions.

1. Advancing.—Caution—Balance step advancing.

\[
\begin{align*}
\text{On the word } \textit{Front}, & \text{ the left foot will be raised from the ground and carried smartly to the front, the knee being straightened as the foot is carried forward, toes turned out at the same angle as when halted, the sole parallel to, and about 2 inches from the ground, the heel about 12* inches in advance of the line of the right toe.} \\
\text{As soon as the boys are steady in the above position, the word } \textit{Forward} & \text{ will be given, on which the left foot will be placed firmly on the ground at 30* inches distance from heel to heel, toes turned out at the same angle as when halted, and the right foot will immediately be raised and held extended to the rear, the toe pointing to the spot on the ground it has just quitted, both knees to be kept straight.}
\end{align*}
\]
11. Squad Drill.

Front. { On the word Front, by a slight bend of the knee the right foot will be brought smartly forward, and so on alternately.

Halt. { On the word Halt, which should always be given when the moving foot is to the front, that foot will complete its pace, and the other will be brought up smartly in line with it.

2. Retiring.—Caution—Balance step retiring.

Rear. { On the word Rear, the left foot will be raised from the ground and carried about 12 inches to the rear, the toe pointing to the ground; toes turned out at the same angle as when halted, both knees to be kept straight.

Retire. { As soon as the boys are steady in the above position, the word Retire will be given, on which the left foot will be brought to the ground at 30 inches from heel to heel, the right foot will be immediately raised and held extended to the front, as described in the command Front in the balance step advancing.

Rear. { On the word Rear, carry the right foot to the rear, as directed for the left, and so on alternately.

Squad—Halt. { On the word Halt, which should always be given when the moving foot is to the rear, that foot will complete its pace, and the other will be brought back smartly in line with it.

Great care must be taken that the toes remain throughout at the proper angle; that the body accompanies the leg, and that the inside of the heel is placed on the straight line that passes through the points on which the pupil is marching; that the body remains straight, but inclining forward; that the head is erect and turned neither to the right nor left. (Plate VI.)

* This is the distance for a man; for a boy it may be proportionately less.

13. The Quick March.

The boys will be taught to march in quick time.

Quick—March. { The time having been given on the drum, or with the hands, &c., on the word March the squad will step off together with the left foot, observing the rules given in 11
14. The Halt.

Squad—Halt. \{ On the word *Halt*, the moving foot will complete its pace, and the other will be brought smartly up in line with it.

15. Stepping Out.

Step—Out. \{ When marching, on the word *Out*, the pupil will lengthen the pace by 2 to 3 inches, leaning forward a little, but without altering the time.

This step is used when a slight increase of speed, without an alteration of time, is required; on the word *Quick—step* the usual pace will be resumed.

16. Stepping Short.

Step—Short. \{ On the word *Short*, the foot advancing will finish its pace, and afterwards each pupil will shorten the pace by 6 to 9 inches until the word *Forward* is given, when the quick pace will be resumed.

This step is used when a slight check is required.

17. Marking Time.

Mark—Time. \{ On the word *Time*, the foot then advancing will complete its pace, after which the time will be continued, without advancing, by raising each foot alternately about 3 inches, keeping the feet parallel with the ground, the knees raised to the front, and the body steady. On the word *Forward*, the pace at which the pupils were moving will be resumed.

From the halt, the word of command will be *Quick, Mark—Time*.


Step Back—March. \{ In stepping back, pupils must be taught to take the quick pace straight to the rear, preserving their shoulders square to the front and their bodies erect. In halting, the foot in front will be brought back square with the other.

The step back should not exceed four paces.

To change step in marching, the advancing foot will complete its pace, and the ball of the rear foot will be brought up quickly to the heel of the advanced one, which will instantly make another step forward, so that the time will not be lost; in fact two successive steps will be taken with the same foot.

This may be required when any pupil is stepping with a different foot from the rest.

To change step when marking time the pupil will beat twice with the same foot.

20. The Double March.

The time having been given as before, on the word March the boys will step off together with the left foot, at the same time raising their hands as high as the waist, carrying back the elbows and clenching the fists, the flat part of the wrist inwards, arm to the side; the head to be kept erect, and the shoulders square to the front; the knees being more bent and the body more advanced than in the other marches. The teacher will be careful to habituate the boys to the longer pace. (See 9.)

Squad—Halt. As in 14, at the same time dropping and partly opening the hands.

The boys will be taught to mark time in the double time in the same manner as in quick time. From the halt the word of command will be—Double, Mark—Time.


1. By numbers.—Caution—Right close, by numbers.

On the word One, the right foot will be carried smartly $13\frac{1}{2}$ inches to the right, the shoulders and face being kept perfectly square to the front, and the knees straight.

On the word Two, the left foot will be closed smartly to the right foot, heels touching.
14 SQUAD DRILL.

One. The word One being repeated, the right foot will be carried as before described, and so on.

Squad—Halt. When the word Halt is given, the left foot will be closed to the right, as on the word Two.

2. Judging the time.—Caution—Right close, judging the time.

Right Close, Quick—March or
—Paces,
Right—Close, Quick—March.

On the word March, each boy will carry his right foot direct to the right, and instantly close his left foot to it, thus completing the pace; he will proceed to take the next pace in the same manner; shoulders to be kept square, knees not bent, unless on rough or broken ground. The direction must be kept in a straight line to the flank.

On the word Halt, which will be used when the number of paces has not been specified, the boys will complete the pace they are taking, and remain steady.

Pupils should not usually be moved to a flank by the side step more than twelve paces.

* This is the distance for a man; for a boy it may be proportionately less.

22. Turning when on the March.

Pupils will be practised in turning to the right or left, in making a half turn to the right or left, and in turning to the right about on the march.

1. Turning to the Right and then to the Front.

Right—Turn. On the word Turn, which should be given as the left foot is coming to the ground, each boy will turn in the named direction, and move on at once without checking his pace.

Front—Turn. On the word Turn, which should be given as the right foot is coming to the ground, each boy will turn again to the front, and move on without checking his pace.

2. Turning to the Left and then to the Front.

Left—Turn. Pupils will turn to the left in like manner, the word Turn being given as the right foot is coming to the ground, after which they will turn to the front, the word Turn being given as the left foot is coming to the ground.
A pupil will always turn to the right on the left foot, and to the left on the right foot. If the word *Turn* is not given as the proper foot is coming to the ground, the pupil will move on one pace more and then turn.

3. *Making a half turn to the right, or left.*—Pupils will also be practised in making a half turn to the right or left, and then moving on (without checking their pace) in a diagonal direction, taking up fresh points, at once, to march on.

4. *Turning about.*—Pupils will also be taught to turn about on the march, which must be done by each boy on his own ground, in three paces, without losing the time. Having completed the turn about, the pupil will at once move forward, the fourth pace being a full pace as before.

**SQUAD DRILL IN SINGLE RANK.**

23. **Formation of the Squad in Single Rank.**

At this stage of the drill the boys will be formed in single rank at such an interval as will enable each to swing his arms naturally and freely, without touching the boy on his right or left.

The right-hand or left-hand boy being first placed, the remainder will fall in, one after the other, in line.

- **Number.**
  - Odd numbers
  - *two paces forward—March.*

The squad will then be ordered to number from the right. When a squad in single rank is required to drill with intervals, the teacher will direct the odd numbers to take two paces forward. To re-form single rank the odd numbers will step back two paces, when the squad will correct the intervals from the right.

24. **Dressing when Halted.**

In dressing, each pupil will look towards the flank by which he is ordered to dress with a smart turn of the head, as described in 5; he must carry his body backward or forward with the feet, moving to his dressing with short quick steps, without bending backward or forward; his shoulders must be kept perfectly square, and the position of the pupil, in 3, retained throughout.
1. *Dressing in Succession.*—The teacher having placed a flank boy a pace and a half in front of the alignment, on the word *Dress*, the remainder will take a pace to the front, moving up into line in succession. The faces of the boys, not their breasts or feet, are the line of dressing. Each boy is to be able just to distinguish the lower part of the face of the second boy beyond him.

When the teacher is satisfied that the line is correct, he will give the command *Eyes—Front*, on which the boys will turn their heads and eyes smartly to the front.

Similarly, a squad will be taught to dress back, the boys taking a pace to the rear on the command *Right—Dress*, and moving back into line in succession.

2. *Dressing Together.*—When pupils are on the alignment they have to occupy, and their dressing is simply to be corrected, the command *Right—Dress* will be given, on which they will move up or back to their places successively, commencing with the boy on the named flank.

The teacher should invariably fix upon some object on which to dress his line.

It will be found most useful to accustom boys to dress on an alignment oblique to any well-defined adjacent line, such as the side of a square playground.

25. **Turnings.**

The pupil will next practise in single rank, judging the Time, the turnings he has been taught by numbers.

Boys are never unnecessarily to stand turned to the rear.

26. **Marching to the Front and Rear.**

The pupil will next practise in single rank the different marches and varieties of step which he has learned singly or in squad, the same general rules being observed.

Before a squad is ordered to march, the point of direction must be indicated by the caution, *By the Right, By the Centre, or By the Left.*

During the march the shoulders must be kept perfectly square to the front, the body steady, eyes off the ground. Each boy will preserve his position in the general alignment by an occasional glance towards the point of direction.
The squad will first be taught to march straight to the front and rear, by the right, by the centre, and by the left; it will then be practised in all the varieties of step and in marking time; after which it will be exercised in the double time.

The pupil will be practised in changing the pace, without halting, from quick to double, on the command *Double*, and from double to quick. In breaking from double into quick time, on the word *Quick* the arms will be dropped to their usual position.

When a pupil finds himself a little behind, or before the other boys of his squad, he must be taught to recover his place in the rank gradually, and not to rush to it, which would make him unsteady and spoil the marching of the rest of the squad.

27. The Diagonal March.

1. *From the Halt.*—On the word *Turn*, the boys will make a half turn to the right, and on the word *March*, each boy will step off and move correctly in the diagonal direction, glancing occasionally to the right and regulating his pace so that his own shoulders are parallel with the shoulders of the boy on his right. This boy's head should conceal the heads of the other boys towards the directing flank.

The right-hand boy will direct, and must therefore pay particular attention to the direction and pace.

*Squad*— On the word *Halt*, the squad will halt; and on the word *Front*, it will turn to its original front.

If the diagonal march has been properly performed, the squad when halted and fronted will be found to be in a line parallel to its original position.

2. *On the March.*—When the squad is marching to the front, and is required to move in a diagonal direction to the right, the word *Half Right—Turn* will be given, upon which the boys will turn half right, and move diagonally in that direction, as described from the halt. When it is intended to resume the original direction, the word *Front—Turn* will be given, on which every boy will turn to his front, and move forward without checking his pace. (Plate VI.)

_Half Right—_  
   On the word _Form_, the right-hand boy will turn, and the remainder will make a half turn, in the required direction.

_Right—_Form._
   On the word _March_, all except the right-hand boy will step off; each glancing to the right will move by the shortest line to his place in the new front, halt, and take up his dressing.

_Quick-March._
   On the command _Eyes—Front_, the boys will turn their heads and eyes smartly to the front.

When boys are required to form to the rear of the alignment they occupy, they will be turned about, and then form as above described, the squad being fronted and dressed when the formation is complete.


_Half Right—_  
   On the word _Form_, the right-hand boy will turn in the required direction, and mark time, while the remainder will make a partial turn, and move by the shortest line to their places in the new front. Each marks time, takes up his dressing, and looks to his front as he arrives in his place.

As soon as the squad is formed, the command _Forward_ will be given.

2. When the squad is at the halt, and it is intended to move off on a new front the word of command will be _On the move, Half Right_ (or _Right_)—_Form_, _Quick—March_, followed by _Forward_ when the required angle has been reached. The boys will proceed as in (1).

30. Marching as in File.

Pupils will first be taught to commence marching as in file from the halt, after which they must be taught, when marching in line, to turn to either flank as in file.

   1. _From the Halt._—Pupils when standing as in file must be instructed how to cover each other exactly. The head of the pupil immediately before each boy, when he is correctly covered, will conceal the heads of all the others in his front. The strictest observance of all the rules for marching is particularly necessary when marching as in file.
Squad Drill.

On the word *March*, the whole will step off together at a full pace, and will so continue to step without increasing or diminishing the interval between each other. No looking down nor leaning back is to be allowed. The leader is to be directed to march straight forward on some distant object, the remainder of the boys covering correctly during the march.

**Quick-March.**

On the words *Halt, Front*, the pupils will halt and turn to their original front, and, if the marching has been properly performed, their dressing will be found correct.

**Squad.**

*Halt, Front.*

2. *On the March.* — On the word *Turn*, the pupil will turn to the right, and move on as in file.

**Right—Turn.**

The original direction is resumed by giving the word *Front—Turn*, on which the pupil will turn to the front and then move on steadily in line.

The rules laid down in 22, regarding the foot on which the pupil is to turn, must be strictly observed in a squad and single rank.

Marching as in file will never be practised in double time.

31. **Wheeling as in File.**

The squad, when marching as in file, will be taught to change its direction by wheeling to the right or to the left. The leading boy will move round a quarter of the circumference of a circle having a radius of four feet, the other boys following on his footsteps in succession, without increasing or diminishing their distances from each other or altering the time, but shortening the pace a little with the inner foot as they wheel.

The squad may be wheeled at any angle by the command *Right Wheel*, followed by *Forward* when the required direction is obtained.

If a squad is ordered to halt, or mark time, when a part of the boys only have wheeled into the new direction, the remainder should be instructed to cover off, if required, by the diagonal march, on the command, *Rear files—Cover.*
32. Pupils Marching as in File forming Squad.

1. **Forming to the Front.**—When a squad, marching as in file to the right, is ordered to form to the front, the leading boy will mark time; the remainder will make a half turn to the left and form upon him, marking time as they come into the alignment, taking up the dressing, and then looking to their front.

2. **Forming to the Rear.**—The movement will proceed as above, except that the boys will make a half turn to the right, and form on the right of the leading boy.

3. **Forming to the Right.**—When marching as in file to the right, and ordered to form to the right, the leading boy will wheel to the right, take two paces to his front, and halt: the remainder will form in succession on his left, and be dressed as they get into their places.

As soon as the squad is formed, the word **Forward** or **Halt** will be given.

This command is only given when the squad is halted.

Heads and eyes will be turned to the front.

The words **Eyes—Front** will be given when the squad is formed.

A squad marching as in file will resume its original front by the words **Halt, Front** or **Front—Turn**. (Plate VII.)

33. The Side Step.

The side step will now be practised, the boys judging the time as laid down in 21 (2). Care must be taken that the shoulders are kept square, and the paces made in a direct line to the flank.
SQUAD DRILL IN TWO RANKS.

35. Formation of Squad in Two Ranks.

The squad will now be formed for drill in two ranks. The pupils will take their places in succession, commencing from the flank on which they are ordered to form; each rear-rank boy will be placed two paces from his front-rank boy, measuring from heel to heel, and will cover him correctly, the two boys thus placed forming a File. When the squad consists of an uneven number of boys, the third boy from the left of the front rank will be a Blank (or incomplete) File. The squad will be told off into half squads, which will be numbered from right to left. The file on the left of the right half-squad will always be the centre of the squad.

36. Dressing.

The front rank will dress as described in 24. The rear-rank boys will continue looking to their front, and will cover and correct their distances as the front-rank boys take up their dressing.

37. Marching to the Front or Rear, and Marching in File.

A squad in two ranks will be practised in the marches and variations of step which have been taught in single rank.

Covering and Distance.—While marching in line, the boys of the rear rank must accurately preserve their covering and distance.

Marching in File.—Marching and wheeling in file will be practised as laid down in 30 and 31, care being taken that the rear-rank boys dress correctly by their front-rank boys.

38. Taking Open Order.

Open Order—\( \text{March} \)  
\( \text{March} \)  
On the word \textit{March}, the rear rank will step back two paces in quick time, and on the word \textit{Rear rank, Right—Dress}, the rear rank will be dressed by the teacher from the right.

Rear Rank, Eyes—Front  
On the word \textit{Front}, the rear-rank boys will turn their heads and eyes smartly to the front.

Close Order—\( \text{March} \)  
\( \text{March} \)  
On the word \textit{March}, the rear rank will take two paces to the front.
2. On the March. On the word Order, the rear rank will mark time two paces.

Close—Order. On the word Order, the front rank will mark time two paces.


On the work Ranks the squad will turn about.

The teacher will explain to the boys that when ranks are changed, the former front rank will act as a rear rank, and the former rear rank will act as a front rank, and that the original right-half squad becomes the left-half squad, and the original left-half squad becomes the right-half squad.

The original right files will act as right files, and the left files as left files. A blank file, after turning about, will occupy the vacant space in the new front rank.

40. The Diagonal March.

The diagonal march will be practised in two ranks, in the manner described in 27. In addition to the instructions there given, the rear-rank boys must be cautioned to preserve their relative positions with their front-rank boys, in order that they may be found to cover correctly when they are halted and fronted.

41. Changing Front, or Direction.

The front rank of the squad will form from the halt, on the march, or on the move, according to the instructions laid down in 28 or 29. The rear rank will not turn on the caution, but in forming will conform to the movements of the front rank.

When a squad turned about, or moving to the rear, changes front, or direction, the rear rank acts as a front rank, and the front rank acts as a rear rank.

42. The Formation of Fours.

It must be explained to the boys that odd numbers are right files, and even numbers left files. But in order that the left four may always be complete, the file on the left of the squad will always move back, and the second file from the left always stand fast in forming fours.
1. At the Halt.—On the word Fours, the left files will take 30\(\frac{1}{2}\) inches to the rear with their left feet, and 27\(\frac{1}{2}\) inches to the right with their right feet in quick time, so as to cover the right files. In this formation the squad will stand in fours.

On the word Front, the left files will move up in line with the right files by taking 27\(\frac{1}{2}\) inches to the left with their left feet, and 30\(\frac{1}{2}\) inches to the front with their right feet.

In forming fours after changing ranks the left files will step back with the right foot and take the side pace with the left foot, and the two files on the right of the squad will act as they did when on the left of the squad. (Plate VIII.)

2. On the March.—A squad marching to the front, rear, or to a flank in file will be taught to form fours precisely as when forming from the halt.

When marching to the front or rear, or to a flank in file, on the word Form—Fours, the right files will mark time two paces, while the left files move to their places in fours; if the word Right (or Left) follows, the squad will turn in the direction ordered.

When moving to a flank in fours, each section of fours will move by the flank ordered to direct.

A squad moving to the front, rear, or to a flank, in fours may be turned in any direction, diagonal or otherwise.

A squad moving to the front, or rear, or to a flank, in fours may be ordered to form two deep: on the command Form Two Deep the left files will step up or fall back into their places in two-deep formation, the right files marking time two paces.

A squad moving to a flank in fours, on receiving the command Front (or Rear)—Turn, will turn in the required direction and reform two deep as above described.

* This is the distance for a man; for a boy it may be proportionately less.
43. Fours Wheeling, and Forming Squad.

1. Wheeling.—A squad moving to a flank in fours will wheel to the right or left, in the same manner as it wheels in file; each four wheeling successively round the same point as described in 31.

If the squad be ordered to halt or mark time, when only some of the fours have wheeled, the remainder should be instructed to cover off, if required, by the diagonal march, on the command Rear Fours—Cover.

2. Forming to the Front or Rear, or to the Right or Left.—
When a squad moving in fours to a flank is ordered to form to the front or rear, it will form two deep, and proceed as in 32 (1, 2), the boys taking up their proper places as they come into the alignment.

When forming to the right or left, the squad will first form two-deep. The rear rank will act as in 32 (3), and the front-rank boys will move round their respective rear-rank boys, and form successively in front of them.

44. Passing Obstacles, Breaking off Files.

A squad will be taught to pass an obstacle on the command—Files on the right, Left—turn, when these files will mark time two paces and then receive the command, Right—wheel; or—Files on the right, Form—fours, Left, Right—wheel, resuming formation when the obstacle is cleared, on the command Files (or Fours) to the—Front, when the boys will make a half-turn outwards and double into their places. Or the squad may form fours and close on its centre, right, or left, and afterwards re-form two-deep; the named file stepping short during the movement, and the whole advancing the full pace on the command Forward. (Plate VII.)

DISMISSING.

45. Dismissing a Squad.

Right—Turn.} On the word Turn, the boys will turn as directed.

Dismiss.} On the word Dismiss, the squad will break off quietly.
PART II.

PHYSICAL DRILL WITHOUT ARMS.

PHYSICAL TRAINING.

In order to expand his chest, and develop his muscles, the pupil will be practised in the following exercises.

The squad, having been dressed, will be ordered to number from the right. Two lines will then be formed, the even numbers taking two paces to the rear.

EXERCISE I.

Swinging the Arms.

One. { Throw the arms up, perpendicularly; palms of the hands turned inwards.

Swing the arms freely to the rear, round to the front, and up again. Repeat this six times; the sixth time, instead of completing the circle, strike the palms of the hands together behind the back, and remain steady.

Three. { Bring the arms to the sides and resume the position of attention.

In this exercise the first and second motions may be repeated, by giving the command Continue the Motion; the squad will then take the time from the right-hand boy; on the word Steady, the boys will remain in the second position, and on the word Three they will resume the position of attention.

EXERCISE II.

Bending and Stretching the Body.

First Practice.

One. { Keeping both arms straight, raise the right hand as high as possible, turning the back of it inwards, and reach down with the left hand, arm close to the body; shoulders square to the front, back hollowed, body well bent over to the left at the waist, eyes directed to the right hand.

Two. { Perform the same motion, but with the left hand raised, right lowered, body bent to the right.
Second Practice.

(To be given when the left hand is raised.)—Swing the left hand keeping it near the body, palm inwards, by a circular motion sideways to the right, and as it comes level with the right hand raise both hands over the head, backs towards the face; body turned on the hips to the right and inclined over to the left, head thrown back, eyes directed to the hands.

Swing both arms down by the front, close to the body, and up to the same position as before but to the left.

Third Practice.

(To be given when the hands are above the head on the left).—Carry the right foot 12 inches to the right, bend quickly down, and touch the toes with the tips of the fingers, keeping the knees straight.

Straighten the body, bringing the tips of the fingers to the nipples of the breast, elbows close to the sides.

Throw the arms above the head, palms of the hands to the front, bending back the head and the upper part of the body, eyes directed to the hands.

Bring the fingers to the breast as directed in "Two"; body upright.

Fourth Practice.

(To be given when the hands are above the head).—Swing the hands down by a circular sweep to the left, up to the right, as in the "Second Practice"; feet apart, knees braced back, rising up on the toe of the left foot, the right foot kept firm on the ground.

Perform the same motion to the left, rising on the toe of the right foot.

Close the heels, the right heel being brought back to the left, and drop the hands to the sides, resuming the position of attention.

When performed to music, each of the above practices will be repeated eight times before the next is commenced; otherwise the teacher will specify the number of times each practice is to be repeated.
PHYSICAL DRILL WITHOUT ARMS.

EXERCISE III.

Bending and Stretching the Arms.

One. Keeping the elbows close to the sides, quickly bend the arms, hands in line with the shoulders and forced back, hands closed, nails to the front.

Two. Opening the hands and turning the backs upwards, shoot them out right and left, in line with the shoulders, thumbs close to the forefingers.

This being the exact opposite of the last movement, the arms must be stretched out as far as possible.

One. Return to the first position, closing the arms to the sides.

Three. Opening the hands, palms to the front, throw the arms up perpendicularly above the shoulders, the whole of the upper part of the body stretched upwards.

One. As before.

Four. Bring the arms smartly to the sides and resume the position of attention.

Care must be taken that in these movements the body and head are retained in the position of attention.

EXERCISE IV.

The Lunge.

Ready. Make a partial turn to the right so that the right foot points to the right; by a second movement bring the back of the left heel against the inside of the right, and place the feet at right angles to each other, head erect, eyes directed to the front, shoulders pressed back and chest advanced; at the same time place the hands on the hips, fingers to the front, thumbs to the rear, elbows forced back.

Engage. Draw back the right foot about 18 inches; the body to be balanced upon both feet, the heels in line with each other, both knees bent and kept well apart directly over the feet, hips pressed to the front; raise the left foot and beat it smartly on the ground.
28 PHYSICAL DRILL WITHOUT ARMS.

Lunge. Step about 18 inches to the front with the left foot, straightening the right leg and pressing the right hip forward, the left knee perpendicular to the instep, right foot flat upon the ground, still keeping the body upright and the head erect.

Engage. Return to the "Engage" by bending the right knee, and drawing back the left foot.

About. Turn to the right about upon the heels, the right foot pointing to the proper rear, the left foot to its left.

Lunge. As before, but with the right foot.

About. In one quick movement raise the toes and reverse the position of the legs, by turning about on the heels, right leg straight, left knee bent, then lower the toes to the ground.

Engage. As before.

Ready. Return to the "Ready" position.

Front. Turn to the front and resume the position of attention, dropping the hands to the sides.

N.B.—The Third Exercise will be combined with this in the position of the lunge. The words are given after the word "Lunge," and the hands placed on the hips on the word "Four."

EXERCISE V.

Bending and Stretching the Knees.

One. Keeping the body upright, smartly raise the hands and place them on the hips, fingers to the front, thumbs to the rear, elbows and shoulders forced well back.

Two. Rise on the toes as high as possible, legs straight. With the head erect and the elbows to the rear, gradually lower the body by bending the knees, until sitting on the heels, which latter must, as far as possible, be kept together, forcing the knees well apart.

Three. Straighten the knees, still remaining on the toes.

Two. Lower the heels to the ground.

Four. Drop the arms quickly to the sides, and resume the position of attention.

Five. In numbers "Two" and "Three" the body must be kept upright. All the motions, except "one" and "five" are to be performed slowly.
EXERCISE VI.
(Exercises II. and IV. combined.)

First Combined Practice.

Right—Lunge.

Place the left hand on the hip, fingers to the front, thumb to the rear; make a quarter right turn and keeping the left foot firm on the ground, and the left leg straight, step out about 36 inches to the right, right lower leg perpendicular, knee over the instep, body turned to the right, and bent from the hips backwards; at the same time raise the right hand over the head, arm straight, head thrown back, eyes directed to the back of the right hand.

Two.

Without bending the left leg, drop the right hand to the side and spring to the position of attention.

Front—Lunge.

Make a quarter left turn and lunge to the front as directed for the "Right Lunge," but with both hands raised about the width of the shoulders.

Two.

Recover as before, but in bringing the hands down throw them to the rear with a semi-circular sweep and resume the position of attention.

Left—Lunge.

Make a quarter left turn and lunge as before, stepping out with the left instead of the right foot.

Two.

Spring back to the position of attention, as from the "Right Lunge."

The squad will also be taught to commence lunging with the left foot.

This exercise may be continued by giving the caution Judging the Time; on the command Right Lunge all the foregoing movements will be repeated as often as required; or if the command Left Lunge is given, the left leg will be used in lunging to the left and to the front.

EXERCISE VII.

Working the Shoulders.

First Practice.

One.

Raise the upper arms level with the shoulders, at right angles to the body, elbows forced to the rear, arms bent, hands clenched and close to the shoulders, the fore-arm directly over the upper.
PHYSICAL DRILL WITHOUT ARMS.

Two. Straighten the arms, keeping them level with the shoulders, hands open, palms upwards.

Second Practice.

One. Throw the arms to the front in line with the shoulders, and strike the palms of the hands lightly together.

Two. Draw the elbows quickly to the rear, bending the arms, hands clenched and close to the shoulders, knuckles turned up, chest expanded, head erect.

Third Practice.

One. Step out to the right, as directed for "Right Lunge," but with the body inclined forward, and strike out freely from the shoulder with the left fist, instead of throwing the right hand above the head.

Two. Draw the left hand quickly back as far as possible, keeping it close to and about in line with the nipple of the breast; at the same time hit out with the right fist as directed for the left in "One."

Fourth Practice.

One. Raise the toes, and by a quick movement turn to the left on the heels, reversing the position of the legs, viz., the left knee bent, right leg straight, and hit out as before, but with both fists at the same time. Care must be taken to exert as much force in drawing the hands back as in striking out.

Three. Bring the right foot quickly back to the left, and resume the position of attention.

When performed to music, each of the above practices will be repeated eight times before the next is commenced; otherwise the instructor will specify the number of times each practice is to be repeated.

EXERCISE VIII.
(Exercises IV. and VII. combined.)

Second Combined Practice.

Lunge. Turn to the right and lunge out as directed in the "First Combined Practice," but throwing the arms right and left in line with the shoulders as the lunge is made; hands open, fingers close together, palms upwards, shoulders forced back, body upright.
PHYSICAL DRILL WITHOUT ARMS.

Two. { Spring up from the right foot, and close the heels, feet at right angles, body still turned to the right, arms extended but brought to the front of the body, palms of the hands touching.

Lunge. Turn again to the right and repeat as before.
The squad will also be taught to lunge with the left foot.
This practice may be continued by giving the caution Judging the Time; followed by the command Lunge.
When performed to music eight lunges will be made as above, which will bring the squad to the original front; and on the word "Change," eight lunges will be made with the left foot.
Three. Resume the position of attention.

EXERCISE IX.

General Practice.

One. As directed for "Swinging the Arms."

Two. { As directed for "Swinging the Arms," except that the arms are to be swung four instead of six times.

Ready. Bring the hands to the shoulders, tips of the fingers lightly touching them, elbows close to the sides, and forced to the front.

Right—Lunge. { Lunge out quickly to the right, as in "Right Lunge," throwing the right hand out to the right, in line with the forehead, the left hand in line with the hip, arms straight, palms of the hands turned upwards, eyes directed to the right hand.

Ready. Spring up from the right foot, and without bending the left leg, resume the "Ready" position.

Left—Lunge. { As directed for "Right Lunge," substituting the left for right.

Ready. As before.

Three. { Force the arms straight above the shoulders, hands open, palms inwards, rising as high as possible on the toes. Repeat this three times; the third time remain on the toes with the hands above the head.

Four. { Bend the knees (as in "Two" "Bending and Stretching the Knees," but) keeping the arms still above the head.
Spring up quickly off the ground, straightening the knees and separating the feet as they quit the ground. Drop to the ground again, with the feet 20 inches apart, the toes being the first to meet the ground, arms still straight above the head.

Slightly bend the knees round the back, swing the arms between the legs, and, without a pause, raise them above the head again, jump off the ground as they ascend, drop with the heels close together, and resume the position of attention.

When this has been well practised by numbers, the words of command are simply "Ready" and "Away." The whole of the exercises will then be performed as often as necessary. On the word "Steady," the hands will be dropped to the sides, the squad remaining at attention.

Practice with Music.

When these exercises are practised to music the following will be observed:

- Ex. II. to an air in common time.
- Ex. VI. to an air in common time, the beats of the bars marking the lunging and recovering.
- Ex. VII. to an air in six-eight time.
- Ex. VIII. to a slow march.

For Ex. VI., and for the third and fourth practices of Ex. VII., an air with a chorus should be chosen, and the boys may sing the chorus. They may sing during the whole of Ex. VIII.
PART III.

FREE EXERCISES WITHOUT APPARATUS, SUITABLE FOR EITHER BOYS OR GIRLS.

Position.

Position.—Body erect; heels together; toes turned out at an angle of 45°; shoulders and head square to the front; hands on hips, with thumbs to the rear and fingers to the front; shoulders well down, and elbows pressed back.

Preliminary.

The children will fall in, in one or more ranks, as may be found convenient; they will then size, either in the ordinary way (squad drill) or from right to left. If more than one rank is used, the lines must be at four paces interval.

Fall—In.

By ranks in the ordinary way.

Dress.

Each child in rear will stand exactly behind the corresponding child of the rank in front.

Cover.

Either in the ordinary way, or by the terms, Right—Left, Right—Left along the lines.

From the right—Number.

The files indicated will step directly to the front and rear respectively.

Right files two paces to the front—March.

The right-hand boy of each line stands fast, and extends his left arm sideways in a line with the shoulder, palm uppermost. The remaining boys in each line will move to the left with the side step, and extend both arms, until the tips of the fingers of the right hand meet those of the boy on his right. The boy on the extreme left will not extend his left arm.
FREE EXERCISES WITHOUT APPARATUS.

Right—Dress. 
Eyes—Front. 
Half right—
Turn.

As already taught in Part I.

Note.—It must be thoroughly understood that in the following exercises, except where otherwise directed, the movements are to be smart, and each one marked and distinct, without any slurring of one movement into another.

1. Arm Stretching.

(Two movements.)

Po—sition. 
See definition.

Preserving the body in an upright position, carry the hands smartly to the sides of the chest, forcing the elbows back, and the shoulders down.

Forward—Stretch.

After a slight pause, thrust the arms forcibly forward to the full extent, level with the shoulders, and parallel to each other, fingers perfectly straight.

Upward—Stretch.

1. Come to the chest position, as above.
2. Thrust the arms smartly upward to the full extent, and parallel with each other.

Sideway—Stretch

1. Come to the chest position.
2. Extend the arms smartly sideways to their full extent, level with the shoulders and in a line with each other, palms uppermost.

Backward—Stretch

1. Come to the chest position.
2. Thrust the arms backwards and downwards as far to the rear as possible, palms turned inwards, and arms parallel.

After any one of the above exercises, two movements are necessary in order to come once more to "Position," viz., the first one to reach the chest, and the second one to attain position.

Any one of these movements may be performed an indefinite number of times on the order Continue the Motion. To have it discontinued, give the order Po—sition, pausing slightly after the first syllable, in sufficient time for it to be obeyed after the hands reach the chest.
2. Arm Swinging.

Po—sition. As above.

Forward—Stretch. As above.

\[ \begin{align*}
\text{Downward—Swing.} & \quad \text{Keep the arms parallel, and swing them down-ward, carrying them as far to the rear as possible, at the same time rising on the toes, and without any pause return to the position of Forward Stretch.} \\
\text{Po—sition.} & \quad \text{As before.} \\
\text{Upward—Stretch.} & \quad \text{As above.} \\
\text{Downward—Swing.} & \quad \text{As before.} \\
\text{Position.} & \quad \text{As before.}
\end{align*} \]

Either of these swingings may be continued on the usual order, and discontinued by giving the order Po—sition, while the arms are on the return swing.

3. Foot Raising.

Po—sition. As before.

\[ \begin{align*}
\text{Right Foot—Raise.} & \quad \text{Raise the right foot by bending the right knee as high as possible, keeping the foot alongside the left leg but not touching it. It will be nearly parallel with the ground.} \\
\text{Po—sition.} & \quad \text{As before.} \\
\text{Left Foot—Raise.} & \quad \text{Similar to the above.} \\
\text{Continue the Motion.} & \quad \text{As before.}
\end{align*} \]

4. Leg Stretching.

Po—sition. As before.

\[ \begin{align*}
\text{Right Leg—Forward—Stretch.} & \quad \text{Raise the right foot without bending the knee, carry it straight to the front as far as possible without losing the upright position of the body, and keep the foot parallel with the ground.} \\
\text{Po—sition.} & \quad \text{As before.}
\end{align*} \]
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FREE EXERCISES WITHOUT APPARATUS.

Backward— { Raise the right foot and carry it to the rear,  
  Stretch. observing all directions given in forward stretch.  
  Po—sition. As before.  

Sideway— { Raise the right foot and carry it straight out to  
  Stretch. the right, observing all the other directions given  
  above.  
  Po—sition. As before.  

Exercise the left leg in a similar way.

This movement may be made continuous as before, or the pupils  
may be ordered to continue all the motions in a fixed order.

5. Leg Swinging.  
(For boys only.)

Po—sition. As before.  

Right Foot—  
  Raise. As before.  

Forward—  
  Swing. Swing the foot vigorously to the front as high as it  
  will go, keeping the knee straight and the body slightly  
  inclined backwards, and after reaching the highest point,  
  swing back again.  

Backward—  
  Swing. Swing it to the rear as far as it will go, slightly  
  bending the knee and inclining the body a little forward,  
  let the foot return to the position of Raise.  

Exercise the left leg in a similar way.

(For boys only.)

Po—sition. As before.  

Knees—Bend. Raise the heels from the ground and bend the  
  knees, sinking the body as low as possible, but keeping the  
  back perpendicular. At the same time, in order to preserve  
  equilibrium, move the hands quickly to the position of  
  Forward Stretch, without using the intermediate chest  
  position.  

Po—sition. As before.  

Continue the  
  Motion. As before.
7. Lunging.

(For boys only.)

Po—sition. As before.

Half Right—
Turn.

As already taught.

Lunge.

Take a smart step of 24 in. with the right foot, keep the left firmly on the ground, bend the right knee until it is even with the instep, and keeping the fingers close, lunge the right arm outwards and upwards in the same direction as the right foot.

Po—sition. As before.
Left Turn.
Lunge.

As before.
Similarly towards the left.

Po—sition. As before.

Half Right—
Turn.

As before.

8. Trunk Twisting.

Po—sition. As before.

Feet Close.
To the Right—Twist.

1. Bring the toes of both feet together. 2. Keep an upright position, and without moving the feet, twist the trunk very slowly to the right, from the hips only; after a pause, resume position.

To the Left—
Twist.

Similarly done.

Feet—Open.
Separate the toes.

This movement may be continued on the usual order, and discontinued on the word Po—sition.


Po—sition. As before.

Forward—
Bend.

Bend the trunk forward from the waist, keeping the face in an upright position by gradually bending the head backward; after a pause resume position.
Bend backward from the waist, allowing the head to go as far as possible, and keeping the knees perfectly straight; after a pause resume position.

To the Right—Bend.  Bend to the right, letting the head fall in the same direction, and then resume.

To the Left—Bend.  Similarly performed.

Any one of these movements may be continued for a number of times, or they may all follow one another in fixed order at the command *Continue the movements in order*. Be careful to give the order *Po—sition* just as the pupils reach the utmost extent of any bend.

10. Trunk Twisting and Bending combined.

Po—sition.  As before.

Feet Close.  As before.

To the Right—Twist and Bend.  Twist the trunk to the right and then bend in the same direction as already taught; after a pause resume position (1) by unbending, and (2) then by twisting to the front.

To the Left—Twist and Bend.  Done in a similar way.
PART IV.

POLE EXERCISES FOR GIRLS.

The Pole.

The pole is an ordinary broom handle, 4ft. long and 1in. in diameter; if painted or varnished it can be more easily washed when required.

Methods of Holding the Pole.

1. Attention.—The pole is placed in an upright position by the right side, close to the right foot, and held in place at the full extent of the arm by the thumb and first two fingers, the thumb being in rear. As a rule it will be found that the pole is held in the centre.

2. First Position.—The pole is held horizontally in front of the body, and close to it, with both hands, the knuckles being upwards. It must be firmly grasped in the fingers, kept parallel to the ground, and at the full extent of the arms. (To assume this position from Attention, see Exercise 2.)

3. Distances of the Hands in First Position.—

(a) One-third Distance.—The hands grasp the pole so as to divide it into three equal parts—that is, they are about as far apart as the width of the body. This is always the distance of the hands in First Position, unless otherwise ordered.

(b) Half Distance.—In this position the hands are at the distance of half the pole apart and equidistant from the ends of the pole.

(c) Full Distance.—In this position the hands grasp the pole as near its extremities as they conveniently can.

Note.—It may be found advisable to have these distances and the centre marked upon the pole. There are various ways of doing this—e.g., cutting a groove, tying string, driving in a round-headed tack, &c. This will assist the hand of the pupil. The eye of the teacher may be aided by painting the divisions in different colours.
POLE EXERCISES FOR GIRLS.

General Directions.

Giving Orders.—Every order consists of two parts—a caution and a command. The former part prepares the pupil for the coming exercise, and should be given somewhat deliberately. A pause should then be made, and the executive word be uttered in a loud authoritative tone, and at such an interval of time after the caution as to indicate the speed at which the movement is to be performed. In the body of this book the orders are printed in *italics*, with a dash between the cautionary and executive portions of every command. It will add much to the precision of the drill if care is taken from the beginning to allow no movement whatever till the executive word has been uttered. The pupils will then move simultaneously, taking their time from the captains, who stand at the heads of files.

Breathing.—The girls should be trained to keep their lips closed, and to breathe through their nostrils, taking long deep breaths. Let them inhale just before a movement, and hold the breath while performing it. This is specially important in all chest expansion exercises.

Falling In.—The girls should fall in, as at ordinary drill, in close order, having the pole in the right hand, and holding it as already directed. They will then be ordered to extend to double intervals from the right, a movement which has already been described in Part III.—Preliminary (page 33). The hands, however, will be extended, with the palms to the *front*, and the pole will be raised from the ground and held between the thumb and the palm, preserving its perpendicular position, while the girls are taking up their places. When the lines are dressed and intervals adjusted, the word of command *Attention* will be given.

1. Attention.

(Two movements.)

1. Remove the right hand from the top, and grasp the pole in the middle with the thumb and forefinger, without bending the elbow, at the same time replacing the right foot.

2. Carry both hands to their proper places in the position of attention.
POLE EXERCISES FOR GIRLS.

Standing at Ease.
(‘Two movements.)

You are now at attention.

1. Raise the pole from the ground, carry it in a perpendicular position close in front of the body, with the arm bent, at the same time grasping the top of the pole with the left hand.

2. Disengage the right hand, and, placing it on the left, press the pole to the ground, at the same time drawing back the right foot 6 inches, and slightly bending the left knee.

Stand Easy.

This order is given only when the pupils are standing at ease, and means that they may then assume any reasonable position of rest, provided they do not move their left feet. When standing easy they must first be recalled to the position of stand at ease by the command Steady before resuming attention.

2. Placing Poles in First Position.
(‘Two movements.)

At Attention.

1. Carry the pole smartly to the front to the full extent of the arm till the hand is level with the shoulder, still preserving the perpendicular position of the pole; at the same time grasp the pole with the left hand immediately above the right, the backs of both hands being turned to the right.

2. Bring the pole smartly down to first position, hands at one-third distance. (See Definitions.)

Note.—When for any exercise it is required to place the hands at either half or full distance, give the order First Position, followed by Hands to Half Distance—Move, or Hands to Full Distance—Move, as may be required. The hands will then glide outwards along the poles to the new distance.
4.2 Pole Exercises for Girls.

Attention from First Position—Hands at any distance.

(Two movements.)

\[\begin{align*}
1. \text{Without altering the position of the pole,} & \quad \text{slide both hands to the centre of it.} \\
2. \text{Release the left hand smartly and come to attention.}
\end{align*}\]

3. Arm Exercises—Changing Pole from Right to Left.

(Two movements.)

Note.—The pole is held perpendicularly all through.

Attention.

\[\begin{align*}
Poles from Right to Left—Change. & \\
1. \text{Carry the pole to the front of the body, and} & \quad \text{hold it at arm's length, grasping it at the same time with the left hand immediately above the right, thumbs uppermost.} \\
2. \text{Carry the pole into position at the left side,} & \quad \text{and remove the right hand smartly.}
\end{align*}\]

Note.—Changing from left to right is similarly done, care being taken in this exercise that the right hand grasps the pole immediately above the left.


(Two movements.)

Pole held perpendicularly all through.

Attention.

\[\begin{align*}
Right Arms Forward—Stretch. & \\
1. \text{Carry the pole to the right breast; then,} & \quad \text{grasping it firmly in the fingers,} \\
2. \text{Thrust it directly forward at arm’s length,} & \quad \text{level with the shoulder, and without moving the body.}
\end{align*}\]

\[\begin{align*}
Sideway—Stretch. & \\
1. \text{Return to the breast position; and} \\
2. \text{Immediately thrust the hand sideways at arm’s length, and in line with the shoulder.}
\end{align*}\]

\[\begin{align*}
Upward—Stretch. & \\
1. \text{Return to the breast position; and} \\
2. \text{Thrust the hand upward to the full extent of the arm.}
\end{align*}\]
POLE EXERCISES FOR GIRLS. 43

Attention.  
1. Return to the breast position; and
2. To attention.

Repeat this exercise with the left arm.

Note.—Any one of these movements may be repeated an indefinite number of times on the order Continue the Motion, this command being in turn cancelled by the fresh one Steady, on which the pupils will complete the motion by coming to the breast position.

5. Double Arm Stretching.

(In two movements.)

Note.—The pole is held horizontally, with hands at one-third distance, all through.

Attention.  
As before.

First—Position.  
As before.

Forward—Stretch.  
1. Bend the elbows and raise the pole smartly till it rests on the chest, arms braced well back, shoulders down, and backs of the hands turned to the rear.
2. Thrust the pole forward to the full extent of the arms and in line with the shoulders.

Upward—Stretch.  
1. Return to the chest position.
2. Thrust the pole forward to the full extent of the arms.

Downward—Stretch.  
1. Return to the chest position.
2. Then smartly to the first position.

Attention.

Note.—Any one of these movements may be performed an indefinite number of times on the order Continue the motion. On the word Steady, the pupils will resume the intermediate chest position.

After having been learnt in the above order, the arm stretchings, both single and double, may be practised in any order, provided that the intermediate breast or chest position is never omitted.
6. Arm Twisting.

(Two separate movements in slow time.)

**Attention.**

**First—**

**Position**

(quick).

As before.

As before.

**Forward—**

**Raise** (slow).

**Right—Twist**

(either slow or quick).

Keep the elbows straight, and raise the pole slowly to a level with the shoulders. Without moving the hands from one-third distance, or bending the elbows, turn the pole downwards to the right until it reaches a perpendicular position, when the right hand will be below the left.

**Left—Twist**

(either slow or quick).

Without moving the hands reverse the pole, when the left hand will be below the right.

**First—**

**Position**

(quick).

To discontinue the exercise the first position may be resumed in one quick movement, from either right or left twist.

**Attention.**

Note.—This movement may be continued indefinitely on the same principle as in the preceding exercises, stopping on the word *Steady* at the position of either right or left twist.


**Attention.**

**First—**

**Position**

(quick).

As before.

As before.

**Hands to full distance—**

**Move** (quick).

As before.

Preserving the full distance, and without bending the elbows, raise the pole exactly overhead.

**Backward—**

**Sink** (slow).

Keeping the arms as straight as possible, sink the pole behind the back to the full extent of the arms.

**Upward—**

**Raise** (slow).

Return to former position.
POLE EXERCISES FOR GIRLS.

Forward—  
Sink (slow).  

}  
Come to the first position.

Note.—The whole exercise can be done in two movements by omitting the order Upward—Raise.

Attention.

Note.—This movement may be continued indefinitely, and ceased at the word Steady, with the pole sunk either forward or backward.

B—Chest Expansion with Marching.

Attention.  

As before.

First—  
Position (quick).  

}  
As before.

Hands to half distance—  
Move (quick).  

As before.

Upward—  
Raise (slow).  

As before.

To shoulder blades—Sink  
(slow).

Hands inwards—  
Move (slow).  

Sink the pole backward and press it against the shoulder blades.

Slide the hands along the pole as near to the body as possible.

Quick—  
March.

As already taught.

Halt.  
As taught.

Hands to half distance—  
Move.  

As above.

Forward—  
Sink.  

As above.

Attention.  
As above.
8. Trunk Twisting.

Five movements. No description necessary.

Keep an upright position, and, without moving the feet, twist the trunk very slowly to the right, from the hips only. After a pause, resume the front position.

Similar to the above.

Separate the toes only.

As before.

Note.—This movement of the trunk may be continued any number of times. The word Steady will bring the pupils to the front, with the pole still on the shoulders.

The exercise of trunk twisting may also be performed with the pole in first position.


Four movements.
POLE EXERCISES FOR GIRLS.

Forward—
Bend
(slow).

Bend the trunk forward from the waist, the face being kept in an upright position by gradually bending the head backward. After a pause, resume the upright position without further command.

Backward—
Bend
(slow).

Bend backward from the waist, allowing the head to go as far as possible, and keeping the knees perfectly straight. After a pause, resume the upright position.

To the Right—
Bend
(slow).

Bend the trunk to the right, letting the head fall in the same direction; then resume.

To the Left—
Bend.

Similar to the last.

Forward—
Sink.

As before.

Attention.

Note.—Any one of these motions may be continued as before on the usual command, or they may even follow one another in fixed order on the command Continue the movements in order.

10. Trunk Twisting and Bending Combined.

Attention.
First—
Position.

Hands to half distance—
Move.
Upward—
Raise.
To shoulder blades—Sink.

Feet—Close.

Five movements.

To the Right—Twist and Bend.

First twist the trunk to the right, and then bend in the same direction, as already taught. After a pause, first the upright position, then the front position.

To the Left—Twist and Bend.

Similarly done.
Feet—Open.
Forward—Sink.
Attention.

As before.

11. Upward Swinging.

Attention.
First—Position.
Hands to half distance—Move.
Upward—Swing (quick).

Two preliminary movements.

Raise the pole with straight arms exactly overhead, rising on the toes at the same time, and, without any perceptible pause, resume the former position.

Three orders. As already taught.

12. Upward Sideway Swinging.

Attention.
First—Position.
Hands to half distance—Move.
Right foot sideways—Place.

Two preliminary movements.

Move the right foot 12 inches to the right, body still square to the front.

Swing the pole upward to the right to the full extent of the arms, at the same time twisting the trunk in the same direction, throwing the head well back and raising the left heel. After a pause, return to the former position.

Similar to the above.

Swing from right to left, and vice versa, without resting at the original position, but with the usual pause at right and left sides respectively.
POLE EXERCISES FOR GIRLS.

Steady.  
Come to the starting position.  
Give this order as the hands are going up.

Heels—Close.  
Attention.  
Two orders.  As before.


Attention.  
First—  
Position.  
Hands to full distance—  
Move.  
Upward—  
Raise.  
Right foot forward—  
Place.  
Three preliminary movements.

Advance the right foot 15in. in the direction in which it is pointed.

Knee—Bend  
(slow).  
Raise the right heel and bend the right knee until it is beyond the toes, keeping the left foot flat on the ground; at the same time lower the pole backward, with elbows straight, till the arms are on a level with the shoulders. After a pause, return to previous position.

Heels—Close.  
Forward—  
Sink.  
Attention.  
Three orders.  As before.

Similarly for left-knee bending, taking care after the order Upward—Raise to give the command Left foot forward—Place.

Note.—The movement Knee—Bend may be continued any number of times on the usual command Continue the movement. The order Steady will mean that the pupils are to finish the movement, and then to stand with the foot out and the knee straight.
PART V.

DESK DRILL.

A.—For Ordinary Desks.

When the pupils have marched into their places outside the form they occupy, where they are now marking time, and facing the way they marched in, give the order—

Halt.

Into—Desks. \{ Step over the seat in two distinct movements, coming to the front with the second one.

Sit. \{ All will sit, folding arms behind.

Note.—Some teachers may prefer the orders One, Two, Three following the caution Into Desks. With large classes it may be convenient for the children to halt as they come to their places, instead of marking time till the command Halt is given.

B.—For Dual Desks.

To get into Desks.

Children march along the passage ways in single file, two halting on each platform.

About—\{ As usual.

Turn. \{ At the order Into, each child standing at the front of the platform will carry the right foot 15in. to the right, and each child standing at the rear of the platform will carry the left foot 15in. to the left. The feet must be well raised, to escape the blocks upon which the desks are mounted.

Into—\{ The left (or right) foot will be closed smartly to the right (or left) foot, heels touching.

Desks. \{ All will sit, folding arms in front and leaning back.

Sit. \{ To get out of Desks.

Stand. \{ At the order Stand, all will stand to Attention, taking special pains to keep hands off the desks.
The child on the left side of the desk will carry the left foot 15in. to the left, and well to the front of the platform; the child on the right of the desk will carry the right foot 15in. to the right, and well to the rear of the platform.

$\textbf{Out of$}\quad \begin{cases} \text{Desks.} \\ \end{cases}$

The right (or left) foot will be closed smartly to the left (or right) foot, heels touching.

$\textbf{Note.} -$ Looking over the shoulders will be obviated at marching in, if the teacher will take the precaution to count off the children for each passage way. Some teachers may prefer the order One, Two, Three following the caution $\textbf{Into$}—\textbf{Desks}$. 
MUSICAL EXERCISES.

The following pieces have been selected and arranged with the view of assisting and rendering more interesting the exercises in the course which admit of being done to a regular, rhythmical beat.

The first eight are adapted for the physical exercises for boys, which have been mainly taken from the manual for the British Army.

These tunes are followed by others suitable for marches, some of which may be sung or played.

At the end are popular nursery rhymes with words, which may be either played, sung, or played and sung. These are intended to be used as action songs.

The tunes may serve to suggest others that may suit drill or calisthenic exercises. The more variety is used the more attractive the work will be to children.

In selecting tunes for march purposes, it should be noted that the most suitable will be written in common or four-pulse measure, and that these measures are usually, and then to the ear most satisfactorily, grouped in phrases of four measures. An analysis of the march tunes will generally give four phrases of four measures each, i.e., a tune of sixteen measures.

For slow graceful movements, tunes in waltz time are best. Here again we find a grouping or phrasing of four measures. Note the strong marking of these in "Mouse Traps."

In playing music for either marching, free exercises, or calisthenics, the instrumentalist must be careful to adapt the rate of movement to the ease or difficulty of the action. For any exercise that can be performed in march time a metronome of 120 must be observed. The strong pulse of each measure must be distinctly and forcibly played, and anything like a florid accompaniment is not desirable.

Although many schools possess pianos or organs, still the great majority of schools—and particularly in the country—are not so fortunate. In these places the children can easily be trained to sing, hum, or whistle appropriate music to any rhymical exercise,
and here the nursery rhymes should be acceptable. Some people, without testing the feasibility of getting the children to sing the music of their action songs, have declared against the practice as being too great a tax on strength. Do not children of both sexes mingle cries of all descriptions even when indulging in the roughest and swiftest of games?

Experience of the combination shows no signs of exhaustion in either girls or infants. On the contrary, a healthy exercise of the lungs is assured; and, further, the teachers and children concerned invariably declare for the singing as well as the playing where both are obtainable.
EXERCISE I.

Slow.  
Adapted from Donizetti.

*Squad moves at V and rests at *
EXERCISE II.

Waltz time.

“Mousetraps.”
Da Capo ad lib
EXERCISE III.

Moderato.

Blue Bells of Scotland.
EXERCISE VI.

"NIGHT CAPS."

Vocal March (American). Adapted by A. C.

Once I got into a boat, Such a pretty, pretty boat,

Just as the day was dawning, And I took a little oar, And I

push'd away from shore, So very, very early in the morning.
And ev'ry little wave had its nightcap on, Its night white night white night cap, cap, cap, cap, cap on, And ev'ry little wave had its night cap on, So very, very early in the morning.
EXERCISE VII.

"There is nae Luck."

Moderato.

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\begin{array}{c}
\text{\textbf{MUSICAL EXERCISES.}} \\
\text{\textbf{EXERCISE VII.}} \\
\text{\textbf{Moderato.}} \\
\text{\textbf{"There is nae Luck."}} \\
\end{array}
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EXERCISE VIII.


\[ \text{Music notation} \]
THE LASS OF RICHMOND HILL.
Old English Air.
Musical Exercises:

GIN A BODY

Slow Scotch Air.

[Music notation image]
VESPERS.

Slow Movement.

Fine.

Dal Segno.
SOLDIERS’ MARCH.

Con Spirito.  

R. Schumann.
SEE! THE CONQUERING HERO COMES.
March time.

See! the conq'ring hero comes!

Fine.

Sound the trumpet! Beat the drums

Sports prepare And garlands bring

Da Capo.

Songs of triumph to him sing.
1. DICKORY, DICKORY DOCK.

Dickory dick-0-ry dock; The mouse ran up the clock; The
clock struck one, the mouse ran down; Dickory, dick-0-ry dock.
2. JACK AND JILL.

Yankee Doodle.

Jack and Jill went up the hill, To fetch a pail of wa-ter

Jack fell down and broke his crown, And Jill came tumbling af-ter.

Up Jack got, and home did trot, As fast as he could ca-per, He

went to bed to mend his head With vin-e-gar and brown pa-per.
3. LITTLE JACK HORNER.

Little Jack Horner Sat in a cor-ner, Eat-ing a Christmas pie: He put in his thumb, And pull'd out a plum, And said "What a good boy am I."

4. HERE WE GO ROUND THE MULBERRY BUSH.

Here we go round the mul-b'ry bush, the mul-b'ry bush, the mul-b'ry bush

Here we go round the mul-b'ry bush, On a cold and fros-ty morn-ing.
5. GOOSEY, GOOSEY GANDER.

Goosey, goosey gander! Where shall I wander?

Upstairs and downstairs, And in my lady's chamber;

There I found an old man who wouldn't say his pray'rs, 1

took him by the left leg and threw him down stairs.
6. TOM, TOM, THE PIPER’S SON.

Tom, Tom, the Piper’s son, Stole the pig and away did run, The pig was eat, And Tom got beat, And Tom went howling down the street.

7. GIRLS AND BOYS.

Girls and boys come out to play, The moon is shining bright as day. Come with a whoop and come with a call, Come with a good will or come not at all.
8. SING A SONG OF SIXPENCE.

Sing a song of six-pence, A pocket full of rye!

Four and twenty blackbirds Baked in a pie!

When the pie was opened, The birds began to sing;

Wasn't that a pretty dish to set before the king.
9. TAFFY WAS A WELSHMAN.

Taffy was a Welshman,
Taffy was a thief,
Taffy came to my house, And stole a leg of beef;
Then I went to Taffy's house, Taffy was from home,
All the beef was eaten, And nothing left but bone.
10. LITTLE BO-PEEP.

Little Bo-Peep, She lost her sheep and couldn't tell where to find them,

Leave them alone, and they'll come home And bring their tails behind them.