

Victorian Drills

Victorian children participated everyday for 10 minute exercises where they would copy the teacher. The children would all have a spot to stand in lines. You need to say 'attention' at the start of each drill. The children are then to repeat the action until every class member is doing it satisfactorily. When 'attention' is said the children stand up straight, feet together and hands by side. Stand easy means for children to face front, have feet apart and hands behind back.

- March on spot
- Swing arms
- Bend forward then stand up straight "trunk forward bend" "trunk up stretch"
- Breathing exercises – hands on chest "breathe in, breathe out"
- Head turning "head to the left" "head forward" "head to the right"
- Raise leg "left leg forward raise" "leg lower" "right leg forward"
- Arms up stretch "arms upward" "arms downward"
- At the end say 'class fall in' then they should all line up

Please follow the link if you would like more ideas on the exercises to try with your family:

<http://www.johnmalam.co.uk/articles2.html>

