

Kindergarten games, folk-dances, and action plays in which the physical movements are expressive of thoughts and feelings within the comprehension of little children.

Suitable games, exercises, and dances are described in the Department's pamphlet, "Course of Physical Exercises and Games for Infants."

JUNIOR DIVISION.

As in the Preparatory Division, the same principles in the development of habits of correct posture, correct breathing, and quiet movement should apply, but a wider field should be covered. Pupils are to be trained to correct defects in posture. Formal exercises and organized games suitable for this stage are to be found in the Department's Manual. Children now begin to play independently, and should be encouraged to do so. Tactful supervision will, in general, be necessary in order to ensure that the right spirit is being developed. Shy, awkward children who do not join in games should be taken in hand and taught to play.

Where possible, instruction in swimming should be commenced. Folk dancing and rhythmic exercises suitable to this stage and directed to secure grace and ease of movement.

MIDDLE DIVISION.

A continuation and extension of training directed towards the fixation of habits of good posture, correct breathing, and controlled movement.

The pupils will play games independently to a greater extent, and should receive encouragement and assistance. Here again tactful and unobtrusive supervision will assist in making possible the development of a good spirit of play.

The pupils are now at the most difficult stage of their school lives, and brisk formal drills and well-controlled or organized games carried out without harmful repression will do much to tone down the boisterous spirits of boys at this stage.

Wherever facilities exist, definite instruction in swimming is to be given to girls and boys.

Organized games and athletic sports should receive encouragement, and teachers should give such instruction and supervision as are necessary for the proper conduct of games and the further development of the right spirit. Folk-dancing to be extended to secure habits of grace and ease in movement.

SENIOR DIVISION.

An extended programme in training directed towards formation and fixation of habits of good posture, correct breathing, &c., and controlled movement.

As national games—tennis, cricket, football, hockey, basketball—should now be enjoyed by pupils, opportunity for becoming proficient in these should be given as far as facilities permit. Care must be taken that all pupils are afforded an opportunity of taking part in these games, and that members of teams or representative players do not monopolize the equipment. Swimming and life-saving to be thoroughly taught wherever possible.

Organized games, athletics as in the Middle Division, but extended in order to meet the needs of the older children.

More formal drill than in the lower classes.

Folk-dancing suitable to this stage.

ORGANIZATION OF INSTRUCTION.

The text-books to be used are "Syllabus of Physical Training in Schools" (1920); "Course of Physical Exercises and Games for Infants."

In Grade I and II schools the teachers should use their discretion as to the amount and nature of the work to be undertaken, but a record must be entered in the scheme of work for the year along with the numbers of the tables (P.T. 1920) which they propose to take.

In schools above Grade II the head teacher should arrange the children according to their physical development and physique in as many squads as there are teachers available, and to each squad should be assigned a definite programme of work in all branches, including a definite number of tables.