



One Hundred and Fifty Gymnastic Games (Classic Reprint)

By Boston Normal School of Gymnastics

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from One Hundred and Fifty Gymnastic Games For several years past, leaders in the field of education have spent considerable time and energy in probing for the true nature of games and plays, - what they are and what they mean. Indeed, the psychology of physical exercise has become a favorite topic of discussion among school and college authorities. At whatever solution of this question the philosophers may have arrived, they, certainly, all agree that play constitutes a very important element in all education, moral, mental, and even physical. Considered from the standpoint of the teacher of gymnastics, such games as can be played without much special training form a most valuable adjunct to the formal exercises of the gymnastic lesson, furnishing, perhaps, the best means to obtain its purely hygienic effects. The muscular work, as a rule, is of a general character, not very severe at any one time, but continuous. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an...



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