



# Manual of Exercises in Physical Education F Light Gymnastics (Classic Reprint)

*Chicago Public Schools*

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Physical Education trains to attention and obedience, the foundation of citizenship. PHYSICAL EDUCATION. BRIEF HISTORICAL SKETCH. At no time and in no country has so much attention been given to physical education as in ancient Greece. Not only did the Greeks aim thereby to attain strength, health and vitality, but their desire also was to develop a mentally healthy, beautiful, well-proportioned people; the best citizen for the country in time of peace and the best soldier in time of war. The high esteem in which bodily exercises were held in old Hellas is shown by the festivals which were held at regular intervals throughout the country, in which physical exercises were given the most prominent part. The best known of these festivals were held near the city of Olympia, viz.: the Olympian games. The principal events consisted of running, jumping, throwing the discus, throwing the spear and wrestling. These five events constituted what is known as the Pentathlon. The order and prominence given each is not known, but it is believed that wrestling was the last. Great honors were bestowed upon the victorious youth; his name was proclaimed throughout the country and monuments were often erected to him in his native city. The excellent results obtained by the careful training of the Grecian youth may be estimated by the record of Phaylos, of Kroton, a Grecian colony, who executed a jump (probably a hop, step and jump) of 55 feet, at one of the festivals, an Olympiad, and of another gymnast whose record was 52 feet, while the best hop, step and jump of modern times is 47 feet 7 inches, which was attained by a professional gymnast in England. The Romans of old rank far behind the Grecians in physical training. They never placed so high an educational value upon gymnastics as the Greeks did. Of greatest importance to the Romans was the training of capable soldiers. (Typographical errors above are due to OCR software and don't occur in the book.)

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