



Drill Exercises

In Victorian schools there was no PE lesson, just drill.

Drill was a good way of providing exercise for children and encourage them to follow instructions.

Drill routine

- Stand pupils in rows, heads up, shoulders back, hands by sides.
- March the children out in a line, shortest at the front, tallest at the back.
- Make them stand in two rows.
- Make them shuffle out so that they are at least an arm's length apart from their neighbour and from the row in front.
- Teacher demonstrates exercise. Repeat each exercise 4 times.



Some drill exercises

1. Hands on waist, fingers pointing forward; turn head to right, to front, to left, to front.
2. Bring your hands clenched to your chest; reach up above your head; bring hands to sides.
3. Hands on shoulders; hands and arms above head; hands on shoulders, hands by sides.
4. Hands on shoulders; hands and arms straight out to sides; hands on shoulders, hands by sides.
5. Hands on shoulders; hands and arms straight out to front, hands and arms straight out to sides, hands by sides.
6. Toe Touch: Hands and arms straight out to front; bend to touch toes without bending knees; straighten out with hands to front; hands by sides.
7. Marching on the spot. “Left, right, left, right. Heads up, shoulders back”. “Class stop”.

