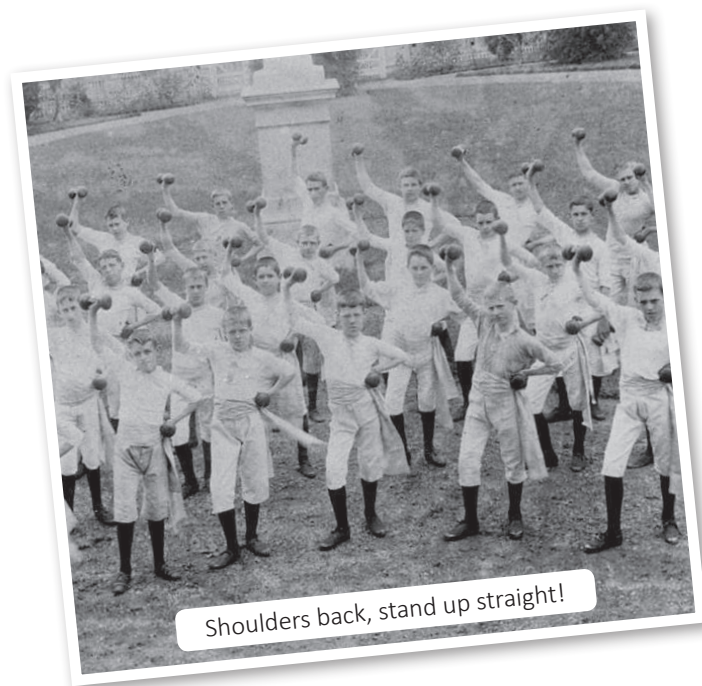


## How to perform a Victorian drill

There were no PE lessons in Victorian schools. However, teachers devised a range of formal exercises for children, known as a **drill**. The exercises were performed together in time and sometimes to music. Teachers believed that regular drill practice improved children's health and co-ordination.



### What to do

- 1 Stand in a line, from shortest to tallest.
- 2 Make sure that you are at least an arm's length away from your neighbour and the rows in front and behind.
- 3 Place your hands on your waist with fingers pointing forward. Turn head to the right, to the front, to the left, to the front. Repeat three times.
- 4 Clench your hands and bring to the chest. Stretch your hands up above your head and bring to the sides. Repeat three times.
- 5 Place your hands on your shoulders, raise hands and arms above your head, hands on shoulders, hands by sides. Repeat three times.
- 6 Place your hands on your shoulders, hands and arms straight out to the side, hands on shoulders, hands by sides. Repeat three times.
- 7 Hands on your shoulders, hands and arms straight out to the front, hands and arms straight out to the side, hands by sides. Repeat three times.
- 8 Hands and arms straight out to the front, touch your toes without bending your knees, straighten out with hands to front, hands by sides. Repeat three times.
- 9 March on the spot. Left, right, left, right. Heads up, shoulders back!

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