

11.2.12.17

Physical Training

Natal Tu. (2 yr course)

Free-standing Swedish Drill.

Dancing or Games.

Dancing - English, Scandinavian - Bantu Folk Dances.

Games - Singing, Infant, Ball & Team Games.

Marching

Swimming (optional)

Cape

Native Primary Lower (1 yr)

Exercises, marching, games.

OFS Primary Schools

----- Simple lessons in physiology & hygiene might be given in conjunction with the lessons in physical training, & when the relation of the exercises to the functions of the body is understood, more satisfactory results will be obtained. -----
(~~marking taught~~)

Cape Primary Schools

The object of physical education, besides being broadly educational & recreative, is preventive as well as corrective. It should therefore be introduced at the commencement of the child's school life. The child will then not have had time to contract bad habits of sitting & walking. ----- It is extremely important that the physical training of children should be very gradual, should progress by easy stages, & should be continued throughout the years of growth.

The commencement of mental education is a somewhat severe tax on children. Their physical training should therefore be recreative in the fullest sense of the word.

----- (~~marking taught - why?~~)

Throughout the period of physical training rhythmic movement should be encouraged. If a piano is not available, the music can be supplied by

means of a gramophone or by the singing of the pupils
themselves. - - - -

music

Natal T3 (optional 1 yr course)

No training course for Africans would be complete without music. It is a subject which the African with his flair for rhythm & harmony enjoys to the full. An effort should be made to collect & preserve any melodies which belong to the people, & the school should encourage the adaptation of Western ideas to African forms of expression.

Natal T4 (2 yr course)

Ear-training
Sight-singing from Tonic Sol-fa notation
Choral performance, & individual performance.
Elements of theory.
Study of teaching methods - training of children's voices
Original work - eg. Views on mechanically reproduced music, musical influences out of school, research into music of the Bantu, etc.

OFS Teachers

1st yr Cert

Tonic solfa
Principles & methods of teaching singing
Choral practice

2nd yr

as above.
Elements of staff notation

3rd yr

as above - more detail.

App

Native Primary Lower. (3 yrs)

Tonic solfa
Ear, sight & time tests.
Choral singing
Voice-training
Conducting
Simple theory.
Works of Primary School.

Primary Higher

as above.

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