



# Gymnastics Corner

by Ken St. Amant

Physical education has developed from many sources, some indigenous and some imported. It continues to absorb and innovate so that it is constantly changing. In this article, I would like to discuss the development and role of gymnastics in the school setting.

The first activity to influence physical education in North America was gymnastics. This sport, which originated in Europe in the 18th and 19th centuries as part of the educational training program was introduced to the United States about 1825 by Charles Beck and Charles Follen. Both these men were students of F.L. Jahn, a leading innovator of the German gymnastics system. The several attempts to promote German gymnastics programs were short-lived and this system soon completely disappeared.

The public school system at this point in time was still in its infancy stages and was experiencing the pains of growth. For example, the system was suffering from lack of direction, inferior facilities, poor teaching staffs and the like. It was little wonder that the interest in physical education died off so quickly. What came to America as a ball of fire in 1825 was practically extinguished by 1830.

With the help of Dr. Ryerson, gymnastics made a comeback in the years 1850-1900 within the school systems in Ontario. After visiting over 20 countries in Europe, Ryerson published a series of articles describing gymnastic exercises and movements for the horizontal bar and wooden horse which could be used in the school program. Not only did Ryerson promise government aid towards the purchase of apparatus; he was also instrumental in the approval of a \$50 grant, first awarded in 1865 to each school which conducted drill and gymnastics.

In 1866 an instructional manual was published giving impetus to both health and physical education. Not only were the

benefits of exercise listed, but gymnastics was recommended for each boy in school. By 1876, drilling and gymnastics were made part of the course of instruction.

In 1900, the University of Toronto established a diploma course in gymnastics and physical drills for men, with a similar course for women one year later. As a result, gymnastics flourished in many schools.

Another factor which helped promote gymnastics was a gymnastics meet which was held in Rome in 1908. This put the sport in the International arena. Many schools picked up the challenge and the sport headed for greater popularity.

Slowly, changes were made in the physical education program. In 1937, gymnastics became compulsory.

In a general way, World War II encouraged the growth of physical education. However, the emphasis changed from that of gymnastics to one of military forms of drill and exercise. Many educators saw military drill and physical education as the same.

By the 1950's, physical education was changing to direction and emphasis. It was moving away from formal gymnastics and calisthenics towards individual programs with emphasis on education for leisure-time and recreational activities.

Presently, gymnastics is an important part of the physical education programs. Although it is only a unit or a small part of the overall physical education program, it plays a vital role in the school setting. Even after all these years, gymnastics is still alive and well.

### Gymnastics Calendar

July 26 -- start of third session of the Huron's Summer camp at Corpus Christi School, Penetanguishene.

Aug. 7 -- display at the Balm Beach Summerama, 1 p.m.

## Cave out of hole with win

The Cave Restaurant snapped a five-game losing streak with a total team effort in downing the recently hot Dial-a-Movie squad 5-0 in Olympia Fastball League action Tuesday at Midland Arena diamond.

Marc Ladouceur pitched an excellent game, chalking up 14 strikeouts en route to the victory.

Though the Cave were playing good defensive ball during their losing streak, they were having trouble scoring runs -- leaving too many men on base in scoring positions.

However, some timely hitting and good base running was shown by the Cave Tuesday. The Cave scored three runs in the fifth and one each in the sixth and seventh off of losing pitcher Rick Morrison.

Next games for the Cave are Monday at 7 p.m. and Wednesday at 8:30 p.m.

## Who's next?

The first session of the Midland Family YMCA Summer Preschool Program has been successfully completed.

The second session is scheduled to begin Monday and it will be held every Monday, Wednesday and Thursday mornings for a two week period. There are only 16 available spaces for this session.

For further information, contact Lori Beveridge at the YMCA at 526-7828.

## Errors rob local Junior gals

A couple of errors dampened the Penetanguishene Junior girls' softball team's chances for advancement in the Ontario Softball Association playdowns during the regional tournament last weekend in Hillsburg, south of Orangeville.

A single error, an overthrow to first on a bunt, caused the single run against them in their opening loss to Sarnia.

They made only one error in their second outing, too, and starting pitcher Donna Pilon allowed only two hits, but that was enough for

Guelph to eliminate them by a score of 3-1. Michelle Lacroix started the first game for Penetanguishene and Nancy Bell relieved Pilon late in the second game.

Penetanguishene did threaten in the Guelph game by scoring their only run and getting two players on base in the final inning, but nothing more came of it.

Despite the disappointing loss, coach Ernie Dubeau said he was "very pleased" with his club's performance.

"They played good defensive ball and they've got nothing to be

ashamed of," said Dubeau.

Most of the team was from the Stoneleigh

Pontiettes roster but three were added from league-mate Gignac's Muffler Shop.

### movie

Call 326-3388  
Orillia Cinema 3 Colborne St. W. or 326-3389

Cinema 1	Cinema 2	Cinema 3
SIX PACK 1:30, 7&9 PG Warning: Coarse language	ET 1:30, 7&9 PG	TRON 1:30, 7&9 PG

# The Entertainers

**• MAIN LOUNGE**

- All week - Mon. to Sat. Female Exotic Dancer 12:30 p.m. to 6:30 p.m.
- Quick delicious, homecooked meals and chicken from the 'Chicken Lady'
- Tuesday night - Ladies night -
- Wednesday night - Industrial night Female Exotic Dancer Review
- Thurs. - Fri. - Sat. "SALEM"
- Sat. mat. Male Exotic Dancer - Tempest

**• LEGS - (LOWER LOUNGE)**

- Relax or dance to live entertainment Mon. to Sat. 9 p.m. to 1 a.m.

Appearing this week:  
"GAYLE ACKROYD"

## PORT McNICOLL

359 First St. HOTEL 534-7301

### MOVIE GUIDE

ROXY THEATRE MIDLAND 526-5791

Held Over!  
4th BIG WEEK  
7 and 9 P.G.  
Special Matinee Wed.  
July 21 - ET - 1:30  
Sat. Matinee - 1:30 - KING KONG

**E.T.**  
THE EXTRA-TERRRESTRIAL

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PEN TWIN PENETANG 549-2953

PEN 1 HELD OVER 2nd BIG WEEK 7 and 9

**ROCKY III** P.G. - Scenes of Violence

Sat. Matinee 1:30 - Don't Get Me In THE RELUCTANT ASSASSIN

Fri July 16 to Thurs July 22 7 and 9:30

**RAIDERS of the LOST ARK** P.G.

Midland Drive In Theatre 526-2411

Show starts at dusk. Admission only \$3.50  
Fri. July 16 to Thurs July 22

PLUS

### MIDLAND ARENA

Mon, July 19-8:30 p.m.

## WRESTLING

**BRAZIL**  
**SHEIK**

Whipper **WATSON** Jr.  
Crazy **COLT**  
Chris

**MARTINEZ**  
**GEORGE STEELE**

PLUS **LADY WRESTLERS**

**MIDGETS**

Ringside \$6.00 General \$5.00 Kids \$3.00  
Ticket information 526-9395

### Weekend SPECIALS

AT THE **Granada Inn**

**SPECIALS**

- Standing Roast Prime Rib of Beef
- Fresh Rain Trout
- Fresh Georgia Bay Mackerel

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**OPEN FOR BREAKFAST EVERY DAY**

Club '27' available for meetings and banquets

Hwy 93 & Balm Beach Road  
For reservation **526-2797**

## HEY KIDS!

Be part of  
"TAKE IT TO THE STREET '82 Sept. 4, 5, 6/82

If you are 14 years or under, and would like to take part in our show, enter the **MODEL CONTEST** and have a chance to win a trophy. Register your model by calling: **Wendy Quinn 534-3978** before Aug. 28/82