

First World War Training Challenge

Teachers Guide

 July 1, 1916 – 2016
BEAUMONT-HAMEL
Remember Them at The Rooms

First World War Training Challenge

One of the wonders of the First World War is how the Colony of Newfoundland transformed a group of civilian volunteers into a dependable, disciplined fighting force.

From the shores of Quidi Vidi Lake in St. John's to as far away as Scotland and Egypt, the men of the Newfoundland Regiment received constant training. They went on foot marches, learned how to use bayonets and other weapons, practiced marksmanship and skirmishing and followed a fitness routine. Basic training taught discipline, how to follow commands and basic skills. One of the foundations of their daily training routine was physical drill.

Education and outreach is a cornerstone of The Rooms. Commemorating the First World War and its ripple effect on Newfoundland and Labrador will serve to honour and remember past generations and educate future ones. The Rooms is encouraging schools, groups and other youth organizations to explore the First World War Training Challenge to increase their awareness of the lives and experiences of our ancestors from 100 years ago.

This is an opportunity for our youth to get involved in the commemoration of the 100th anniversary of the First World War and the Battle of Beaumont-Hamel. Through this physical drill, students will receive a glimpse of the time that defined who we are as a people, so many years ago.

Visit www.therooms.ca to learn of all of the First World War related activities.

Physical activity isn't just important in wartime. It's an important part of everyday life. While our lives may be different from the people who lived here one hundred years ago, the need to be healthy and in good physical condition hasn't changed. Regular physical activity helped the Newfoundland Regiment become one of the most respected regiments in the British army. Regular physical activity can help everyone learn more effectively and lead healthier lives.

Here are some ways to incorporate the *First World War Training Challenge* into your classroom or school:

- Daily class practice
- Make it part of 100 days celebrations
- Make it part of your Healthy Commotion
- Incorporate the challenge into your commemoration activities

Are you up for the challenge?

OVERVIEW

In this lesson, students will explore physical drill to create a picture of the training the Newfoundland Regiment received during the First World War.

GRADE LEVELS:

Newfoundland and Labrador K – 9

CURRICULUM CONNECTIONS:

Physical Education; Health; Social Studies

ESTIMATED TIME:

1-2 class periods for introduction,
10 minutes per day after introduction

BACKGROUND

The First World War began a little over 100 years ago. When we reach such an important anniversary, it is a time to look back to try to make sense of what happened and remember the sacrifices made.

As a colony, Newfoundland officially entered the war when Britain did. The Governor of Newfoundland promised Britain that Newfoundland would raise five hundred men for land service and one thousand men for naval service.

The Patriotic Association of Newfoundland was soon created and assumed responsibility for recruiting, training, and equipping the Newfoundland Regiment during most of the war. Men between nineteen and thirty-five were urged to enlist to “serve abroad for the duration of the war, but not exceeding one year.” The first night the recruitment centre was open in St. John’s, 74 men enlisted. Within a week, this number had reached 275 and by September 2nd, the number of volunteers had reached 743 although not all of these met the enlistment requirements.

The Patriotic Association of Newfoundland now began the task of equipping and training these men. By September 2nd, a training camp had been set up in Pleasantville, St. John’s. Government, businesses, and private citizens donated tents and other items.

After a month of training, the First Five Hundred, also known as the Blue Puttees, were ready to head overseas. On October 3rd, 1914, they marched from their training camp to board the SS *Florizel*, a steamer and sealing vessel that had been converted into a troopship. They were cheered on by a large gathering of citizens. The next day, the troops began their journey overseas.

From the shores of Quidi Vidi Lake in St. John’s to as far away as Scotland and Egypt, the men of the Newfoundland Regiment received constant training. This included not only physical training but instruction in tactics, hand-to-hand combat, shooting, trench building and the use of the newly-developed gas mask.

INSTRUCTIONS

1. Prior to introducing the Challenge to your students, watch the *First World Training Challenge* introductory video and familiarize yourself with the exercises described in this document. The physical drill order of exercises, the commands and the diagrams are from the 1913 manual *Physical Training Senior Course**
2. Introduce your students to the *First World War Training Challenge* and show them either the introductory video or the shorter call to action video. Challenge your class to start doing a daily physical drill as the Newfoundland Regiment would have done. It will take approximately 10 minutes per day to complete once students learn the commands.
3. The teacher, or other designated individual, will act as the drill sergeant, issuing commands to the class. All commands are noted in the grids that follow. All actions occur on the last syllable of the command. If the command is longer than one word, it is denoted in this manual by a “-” before the word. Feel free to adjust the commands based on your class needs.
4. Begin the activity by having the class fall into formation by standing in rows and columns, two arms lengths apart. The teacher, as the drill sergeant, will call the group to Attention.
5. Before starting the drill the sergeant should review correct posture for completing the physical drill. These are noted to the right.
6. From the Position of Attention the group will begin the Physical Drill starting with the Introductory Exercises, or what we today would call the warm-up. Depending on your class, you may be able to get through all the exercises in your first session, or you may need to do it a few times, introducing a couple of new exercises each time.

* Some modifications have been made to make the manual accessible.

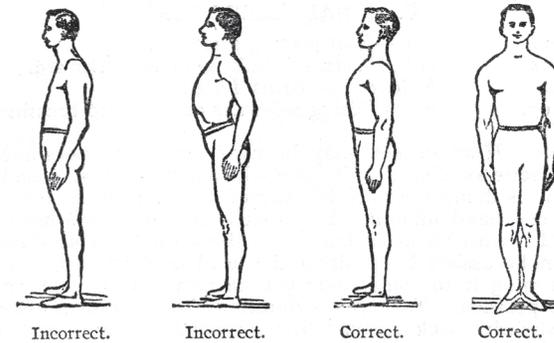


Fig. 1

The Position of Attention

The correct position is to stand erect but without strain. The shoulders are down and moderately back with the result being that the chest takes its natural forward position without any straining or stiffening.

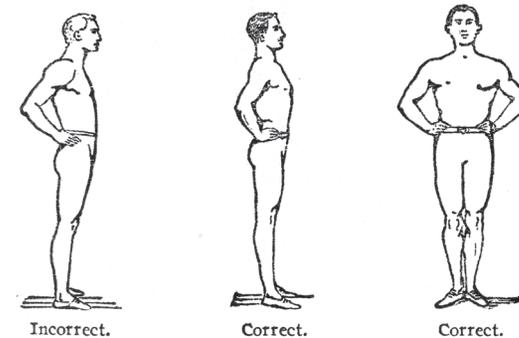


Fig. 2

Hips Firm

In this position the elbows should not be forced or carried too far back. The shoulders and elbows should be down and moderately back.

First World War Training Challenge

PHYSICAL DRILL OUTLINE

A. INTRODUCTORY EXERCISES (Warm up)		page
1. Leg Exercise	A. Feet Close	5
	B. Heels Raise	5
2. Arm Exercise	Heels Raising and Knee Bending	6
3. Trunk Exercise	Trunk Turning	7
B. GENERAL EXERCISES		
4. Dorsal Exercise	Trunk Backward Bend	8
5. Balance Exercise	Leg Raising Sideways	9
6. Lateral Exercise	A. Trunk Bending Sideways from Knees	10
	B. Trunk Backward Bend from Knees	11
7. Abdominal Exercise	Plank	12
8. Dorsal Exercise	Trunk Forward Bend	13
9. Marching Exercise	Quick March Time - With Knee Raising (in place)	13
10. Jumping Exercise	Upward Jump	14
C. FINAL EXERCISES (Cool Down)		
11. Heels Raise		15
12. Breathing Arms Rising Sideways		15

A. INTRODUCTORY EXERCISES (Warm Up)

1A. LEG EXERCISE Feet Close

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
ATTEN-TION	Fig. 1 (pg. 3)
FEET - CLOSE	Raise the toes and pivot the body on the heels and bring the toes together, keeping the body perfectly still. Fig. 3
FEET - OPEN	Raise the toes and pivot the body on the heels and open the feet to the angle of 45 degrees. Fig. 4
--- Repeat 5 times	

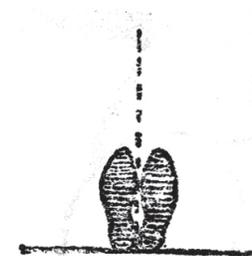


Fig. 3



Fig. 4

1B. LEG EXERCISE Heels Raise

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
ATTEN-TION	Fig. 1 (pg. 3)
HEELS - UP	Raise the heels from the ground, keeping the body erect and stretching the hands down by the side, heels together. Fig. 5
HEELS - DOWN	Quietly lower the heels to the ground.
--- Repeat 5 times	



Fig. 5

2. ARM EXERCISE Heels Raising and Knee Bending

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg. 3)
HEELS - RAISE	Raise the heels from the ground, keeping the body erect, heels together.
KNEES - BEND	Lower the body slowly, turning the knees out, keeping the body erect, the knees are only slightly bent. Fig. 6
ARMS - BEND	Bring the hands up with a circular movement across the front of the body and clench the fists, wrists straight, elbows close to the sides of the body, the thumbs of the hands being over the second joints of the forefinger. Fig. 7
ARMS - STRETCH	Stretch the arms smartly sideways; the arms in line with the shoulders, palms of the hands turned downwards, fingers together and extended, thumb close to the forefinger. Fig. 8
ARMS - BEND	Bring the arms smartly to the bend position. Fig. 7
ARMS - STRETCH	Stretch the arms smartly sideways; the arms in line with the shoulders, palms of the hands turned downwards, fingers together and extended, thumb close to the forefinger. Fig. 8
ARMS - BEND	Bring the arms smartly to the bend position. Fig. 7
--- Repeat 5 times	
HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg. 3)
KNEES - STRETCH	Straighten the knees slowly and come to the starting position.
HEELS - DOWN	Quietly lower the heels to the ground.



Fig. 6



Fig. 7

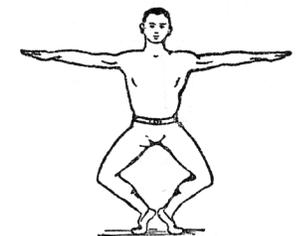


Fig. 8

3. TRUNK EXERCISE Trunk Turning

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg. 3)
FEET - OPEN	Move the left foot one foot's length to the left, observe a pause, and then carry the right foot one foot's length to the right. Fig. 9
ONE	Turn the trunk slowly to the left, keeping the chin in, not moving the hip bones, the head being kept in the centre of the body.
TWO	Slowly turn the trunk to the front.
THREE	Turn the trunk to the right in a similar manner as you did to the left.
FOUR	Turn the trunk slowly to the front.
--- Repeat One through Four 5 times	
HANDS - DOWN	Bring the hands down from the hips smartly to the position of attention without slapping the thighs.
ATTEN - TION	Carry the left foot to the position of attention, observe a pause, and then carry the right foot up to the left.

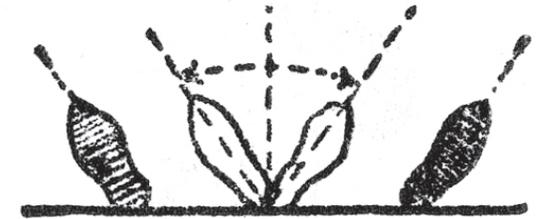


Fig. 9

B. GENERAL EXERCISES

4. DORSAL EXERCISE Trunk Backward Bend

<i>WORD OF COMMAND</i>	<i>DESCRIPTION OF MOVEMENT</i>
STARTING POSTION FEET - OPEN	Carry the left foot one foot's length to the left, you observe a pause, and then carry the right foot one foot's length to the right. Fig. 9 (pg. 7)
ARMS - STRETCH	Stretch the arms upward.
TRUNK - BACK	Bend the trunk backward, allowing the arms to go with the body, keeping the chin and stomach drawn in, and at the same time stretching up as high as possible with the arms. Fig. 10
TRUNK - STRETCH	Slowly stretch the trunk up to the upright position.
--- Repeat 10 times	
HANDS - DOWN	Bring the hands down smartly to the position of attention without slapping the thighs.
ATTEN - TION	Carry the left foot to the position of attention, observe a pause, and then carry the right foot up to the left.

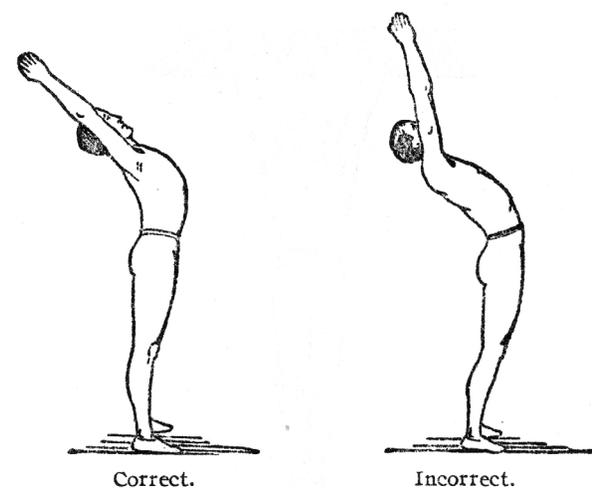


Fig. 10

5. BALANCE EXERCISE Leg Raising Sideways

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg. 3)
ONE - LEFT	Transfer the weight of the body on to the right leg, keeping both legs straight and the body as erect as possible, raise the left leg sideways, point the toe. Fig. 11
TWO	Lower the left leg to the position of attention with the weight of the body evenly distributed.
THREE - RIGHT	Transfer the weight of the body on to the left leg, keeping both legs straight and the body as erect as possible, raise the right leg sideways, point the toe.
FOUR	Lower the right leg to the position of attention with the weight of the body evenly distributed.
--- Repeat One through Four 5 times	
HANDS - DOWN	Bring the hands down from the hips smartly to the position of attention without slapping the thighs.

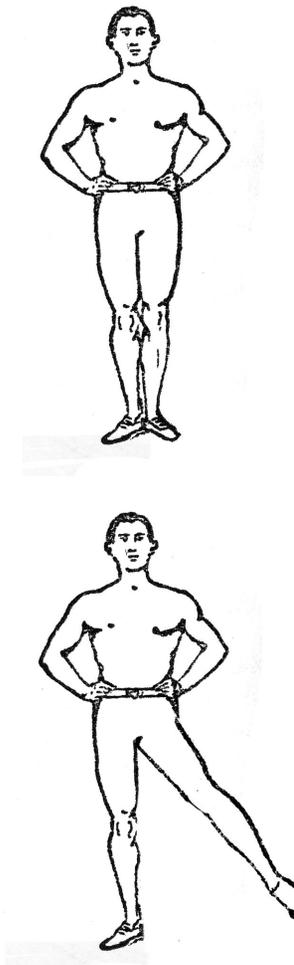


Fig.11

6A. LATERAL EXERCISE Trunk Bending Sideways from Knees

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg.3)
ON - KNEES	Lower to the knees keeping the torso straight.
LEFT - STRETCH	Stretch the left leg out to the side. Fig. 12
ONE	Bend the trunk over slightly to the right.
TWO	Raise the body slowly to the upright position.
--- Repeat One through Two 5 times	
ON - KNEES	Bring the left leg into the kneeling position.
RIGHT - STRETCH	Stretch the right leg out to the side.
ONE	Bend the trunk to the left.
TWO	Raise the body slowly to the upright position.
--- Repeat One through Two 5 times	
ON - KNEES	Bring the right leg in to the kneeling position.
STAND - UP	Spring smartly to the position of hips firm. Fig. 2 (pg. 3)
HANDS - DOWN	Bring the hands down from the hips smartly to the position of attention without slapping the thighs.

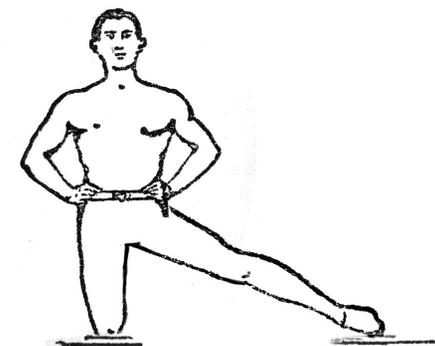


Fig. 12

6B. LATERAL EXERCISE Trunk Backward Bend from Knees

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg. 3)
ON - KNEES	Lower to the knees keeping the torso straight. Fig. 13
TRUNK - BEND	Bend the trunk backward keeping the chin and stomach drawn in. Fig. 14
TRUNK - STRETCH	Slowly stretch the trunk to the upright position.
--- Repeat 10 times	
STAND - UP	Spring smartly to the position of hips firm. Fig. 2 (pg. 3)
HANDS - DOWN	Bring the hands down from the hips smartly to the position of attention without slapping the thighs.



Fig. 13



Fig. 14

7. ABDOMINAL EXERCISE Plank

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg.3)
HANDS ON THE - GROUND	Bend the knees and place the hands on the ground, width of the shoulders apart, fingers inclined towards each other, arms inside the knee, back straight, eyes looking about 18 inches in front on the ground, heels raised. Fig. 15
LEGS - STRETCH	Vigorously shoot the legs out from under the body, the toes resting on the ground, the heels together and the arms perpendicular to the body and carrying the weight of the body, the head, seat and heels bring in one straight line, no sagging of the body or shoving up the seat, eyes looking about 18 inches to the front on the ground. Fig. 15
ONE	Raise the right hand from the ground and with it take the hips firm position, at the same time turn the body to the left, bring the weight of the body on the left arm which should be at right angles to the body and place the right foot on top of the left foot. Fig. 15
TWO	Turn slowly over and resume the starting position. Fig. 15
THREE	Raise the left hand from the ground and with it take the hips firm position, at the same time turn the body to the right, bring the weight of the body on the right arm which should be at right angles to the body and place the left foot on top of the right foot. Fig. 17
FOUR	Turn slowly over and resume the starting position.
---Repeat One through Four 5 times	
HANDS ON THE - GROUND	Bend the knees and place the hands on the ground, width of the shoulders apart, fingers inclined towards each other, arms inside the knee, back straight, eyes looking about 18 inches in front on the ground, heels raised. Fig. 16
STAND - UP	Spring smartly to the position of hips firm. Fig. 2 (pg.3)
HANDS - DOWN	Bring the hands down from the hips smartly to the position of attention without slapping the thighs.

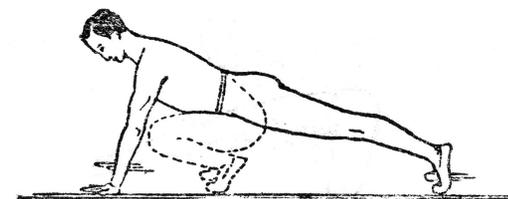


Fig. 15

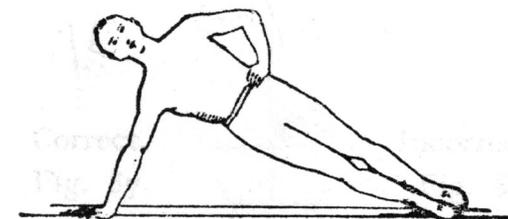


Fig. 16

8. DORSAL EXERCISE Trunk Forward Bend

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg. 3)
TRUNK - BEND	Incline the body from the hips, until the upper body assumes an angle of 90 degrees to the lower portion; you must not round the back or contract the chest. Fig. 17
TRUNK - STRETCH	Raise the body to the starting position.
---Repeat 10 times	
HANDS - DOWN	Bring the hands down from the hips smartly to the position of attention without slapping the thighs.



Fig. 17

9. MARCHING EXERCISE Quick March Time - With Knee Raising (in place)

COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION HIPS - FIRM	Bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body. Fig. 2 (pg. 3)
QUICK - MARCH	Raise the feet alternately from the ground commencing with the left foot, bringing the knee up as for knee raising, snapping the knee up and lowering the leg with the cadence of the slow march and then quicken slightly when your class is acquainted with the exercise. Fig. 18
--- March for 1 minute	
HALT	Given as the right knee is going up, the right leg completes the movement and then is brought down to the left foot.
HANDS - DOWN	Bring the hands down from the hips smartly to the position of attention without slapping the thighs.

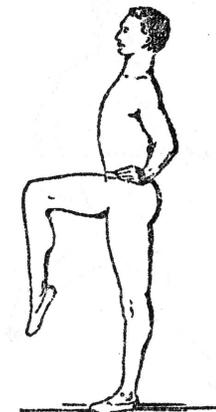


Fig. 18

10. JUMPING EXERCISE **Upward Jump**

<i>WORD OF COMMAND</i>	<i>DESCRIPTION OF MOVEMENT</i>
STARTING POSTION	Fig. 1 (pg.3)
ATTEN - TION	
HEELS - RAISE	Raise the heels from the ground, keeping the body erect, heels together, keeping arms at the position of attention.
KNEES - BEND	Bend the knees slightly.
JUMP	Spring in the air, keeping the body erect, arms by the side, and as you come down land on the fore part of the feet and gently lower the body to the full knee bend position, body erect. Fig. 19
KNEES - STRETCH	Straighten the knees slowly and remain on toes.
HEELS - DOWN	Quietly lower the heels to the ground.
--- Repeat 5 times	



Fig. 19

C. FINAL EXERCISES (Cool Down)

11. HEELS – RAISE

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
STARTING POSTION	Fig. 1 (pg.3)
ATTEN – TION	
HEELS – UP	Raise the heels from the ground, keeping the body erect and stretching the hands down by the side, heels together. Fig. 20
HEELS – DOWN	Quietly lower the heels to the ground.
--- Repeat 5 times	



Fig. 20

12. BREATHING ARMS RISING SIDWAYS

WORD OF COMMAND	DESCRIPTION OF MOVEMENT
ARMS UP	Each person of the class with raise their arms, fingers extended, thumb close to the forefinger, in line with the shoulder, at the same time filling the lungs with air, a slight pause, then lower the arms slowly to the sides and expel the air from the body, nasal breathing, every man performing the exercise according to their own breathing capacity. Fig. 21. Every person in the class will slowly in their own time complete his exercise and then halt.
BREATH	
CLASS – HALT	Completion of Physical Drill

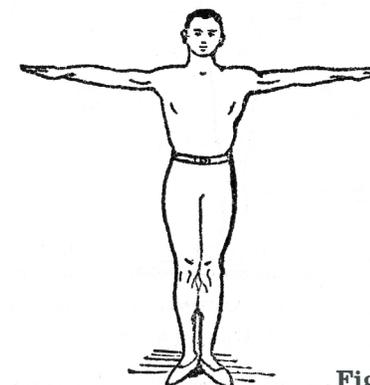


Fig. 21



www.therooms.ca