Swedish Drill Revisited
A Modern Approach to Charlotte Mason’s Recommendation for Physical Education

by
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**Disclaimers**
No program of exercise is without risk, and that applies to the program outlined in **SWEDISH DRILL REVISITED**. If the recommended movements are performed improperly, physical injury may result. Therefore, if you or your children perform the exercises described in this eBook, you agree to do so at your own risk and discharge the author from any and all negative claims. The instruction and advice provided in this eBook are not a substitute for personal consultation with a health care professional.

Purchasing this manual implies a single-user agreement. You may utilize the contents within the context of a single-family home school. If you would like to incorporate this program into a co-operative learning setting (i.e., a co-op), then all participating families must purchase the manual for home use: copies may not be made and handed out to participants.

Finally, when referring to a person I have chosen to reference "he" for simplicity's sake, but I do mean he or she. This choice is not intended to offend, and I appreciate your understanding.

**About the author**
Dawn Duran is a licensed physical therapist with a Master of Health Sciences degree and nearly 20 years of clinical experience in the field. Prior to becoming a physical therapist, Dawn was a Division I collegiate volleyball player, and upon graduation she became a Certified Strength and Conditioning Specialist (CSCS). In addition, Dawn completed extensive training to obtain Stott Pilates Rehabilitation certification and used this knowledge both in clinical practice and as a fitness instructor. Dawn is committed to staying current in her field of expertise, and this project was adopted with the goal of updating Swedish Drill using modern health science principles.

**From the author**
My goal for this project is not to represent Swedish Drill with 100% fidelity to the way it was practiced in its heyday – or even as it may have been practiced in Charlotte Mason’s schools. Rather, my goal is to take something we know Charlotte Mason respected, appreciated, and utilized, improve it using modern health science principles, and make it accessible for the "every man" to implement in his or her home school. Considering how forward-thinking Charlotte Mason was in the area of health and wellness, I have no doubt she would approve of these adaptations if she were alive today.

I hope you'll enjoy this adaptation of Swedish Drill!
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Part I - Introduction

Swedish Drill is something frequently referenced throughout Charlotte Mason’s six volumes. Soundness of body was a primary goal of incorporating this form of physical education into her schools in keeping with her philosophy dedicated to the development of the whole child. Yet today we know very little about Swedish Drill and what it looked like when implemented. Charlotte Mason educators often wonder if it is something that should be incorporated into their own [home] schools or if it is just an outdated method of physical activity. My desire is to help you see what Swedish Drill looks like in practice and convince you that it is still highly beneficial as an activity to implement in the education of your children.

First, let’s consider the purpose of physical education in a Charlotte Mason paradigm. Miss Mason provides insight into her thoughts on physical education in Chapter 10 of SCHOOL EDUCATION, entitled “Some Unconsidered Aspects of Physical Training.” She says:

**Does our Physical Culture make Heroes?**—We want to turn out ‘a fine animal,’ a man or woman with a fine physique and in good condition, and we get what we lay ourselves out for...All the same, it is questionable whether we are making heroes; and this was the object of physical culture among the early Greeks, anyway. Men must be heroes, or how could they fulfil the heavy tasks laid upon them by the gods? Heroes are not made in a day; therefore, the boy was trained from his infancy in heroic exercises, and the girl brought up to be the mother of heroes. Flashes of the heroic temper seem to remain to this day in that little country with a great history. ‘Your son has behaved like a hero,’ was said to the mother of a soldier who fell some years ago. ‘That’s what I bore him for,’ was the reply.... (pp. 101-102)

**A Serviceable Body, the End of Physical Culture.**—...The object of athletics and gymnastics should be kept steadily to the front; enjoyment is good by the way, but is not the end; the end is the preparation of a body, available from crown to toe, for whatever behest ‘the gods’ may lay upon us. (p. 102)

**Ye Are not Your Own.**—But if children are brought up from the first with this magnet—‘Ye are not your own’; the divine Author of your being has given you life, and a body finely adapted for His service; He gives you the work of preserving this body in health, nourishing it in strength, and training it in fitness for whatever special work He may give you to do in His world,—why, young people themselves would readily embrace a more Spartan regimen; they would desire to be available, and physical transgressions and excesses, however
Script for implementing Swedish Drill:

Anytime you see text in a ‘speech balloon’ this indicates what you as the teacher would say to your student. In the ‘speech balloon’ to the right is the word “Attention” and therefore you would say, “Attention.”

This indicates that the photo is showing you the correct pose.

This indicates that the photo is showing you an incorrect pose.

At anytime click on this play button icon to view a video clip of the movements on that page.

Attention.

Attention!

Wing standing.

Wing standing. Hips-firm!
**Half kneeling.**

This position is best performed in the Wing position (i.e., hands on hips). However, it can be performed with hands resting at sides. Both variations are shown in the pictures below.

**NOTES AND TEACHING TIPS:**
Why is this incorrect? The heel is not planted on the ground, and there is too much bend and forward positioning of the knee. The lower leg should remain relatively vertical with the heel firmly in place on the ground in this movement in order to minimize knee joint strain.