

P. E. ACTIVITY THREE: ARMY DISCIPLINE

Learning Objectives

- Develop competence in a broad range of physical activities;
- Be physically active for sustained periods of time;
- Lead healthy active lives;
- Develop flexibility, strength, technique, control and balance;
- Take part in outdoor and adventurous activity challenges both individually and within a team.

Resources

- Ruck Sack filled with objects to create weight
- Broom or long object to represent rifle

Introduction

As well as being fit and marching, army training included a range of Drills and Disciplines, from essential field craft to learning how to fight.

MAIN TASKS

1. **Inspection:** Soldiers are expected to keep themselves and their possessions immaculate. Introduce some training rules for neatness and spring surprise inspections on them.
2. **Orders:** Discipline and obedience are crucial in the army. Discuss why, and what can happen if soldiers do not obey immediate orders. Set up a class session with a series of orders for routine activities and see how capable the students are of immediate obedience and what the experience feels like. Swap roles!
3. **Equipment:** Soldiers carried 60lb worth of equipment on their backs - see [Historical Context: 8 Uniforms](#) to see what they carried. If you can provide a heavy back pack and use an appropriate object to recreate the bulk and weight of the equipment soldiers, carried, ask students to carry out any of the activities in Activities 2 and 3, whilst loaded, taking appropriate health and safety precautions. Even for a few minutes, how does the experience make them feel?
4. Surprise night attacks often meant soldiers needed to approach in silence. See English Activity 6 Comprehension for some examples of how well the Indian Soldiers often achieved this. Train students to crawl in silence to attack their enemy, being aware soldiers would be carrying equipment and rifles whilst doing this and would need to move as one body.
5. Choose a style of attack such as lunging with a bayonet. Army practice sessions used straw dummies. Lunges were also often accompanied by the war cry.