Excerpt from Physical Education in the Infant School

The teacher should never ask or press a child to do anything, but should leave him to experiment by himself and set his own pace. It should be borne in mind that the child is the best judge of his own powers and strength and should therefore be allowed to explore in his own way and his own time. The child will learn to rely upon himself, and thereby in confidence, thus passing on step by step with increasing skill and courage.