

HEBERTISM ADVANCED



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SCHOOL LEVEL

Grade 3 to Secondary 5

TYPE OF ACTIVITY

Reading comprehension in English

DURATION

15 to 30 minutes

LOCATION

In class

SUBJECTS

English
English as a second language

OBJECTIVES

This is a reading comprehension activity about natural physical activity, which is largely related to the Ancestors' Challenge. The text is followed by two activities to assess comprehension, a crossword and/or a short questionnaire, depending on student level.

MATERIALS

- > Text photocopied according to the level of students (beginner, intermediate, advanced)
- > Regular school materials

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STEPS

- > The teacher asks students if they know the Ancestors' Challenge
- > The teacher talks briefly about Challenge, either verbally or using the content of the www.ancestorschallenge.com website, including the promotional video
- >
- > The teacher distributes a photocopy of the text below. 3 versions are provided, a beginner version, an intermediate version, and an advanced version
- > After reading the text, students answer the questionnaire (for advanced students only) and fill out the crossword

VARIATIONS

- > This activity can be carried out in English class, or in English as a second language



Natural Exercise (Hebertism)

Adapted from
en.hebertisme.com

Advanced Book Version

 ANCESTORS' CHALLENGE **20**
21

“Use the movements that are those of our species to acquire integral physical development by a reasoned return to the natural conditions of life.”

Georges Hébert

Activity is a law of nature.

In nature, every living being achieves its complete physical development simply by moving, defending itself and working.

So much so that our ancestors did not need "physical education" as long as they had to support themselves and ensure their safety through their own activity. They achieved their integral physical development by living in the open air and practicing the natural physical activities for which their body was specially adapted.

Today, progress and the technical means have brought considerable changes. They avoid strength to produce, to move, to shelter, to defend oneself or to feed oneself. Modern lifestyles reduce the time spent on physical activity.

As a result, our physical development is limited, with negative effects on our health and well-being. Everyone should compensate for this lack of natural exercise in order to achieve complete physical development. So you have to voluntarily:

- Get sufficient time for physical action;
- Use movements that are natural: walking, running, jumping, climbing, etc. in the open air;
- Produce, without harming our body, a level of activities close to a whole day of living in the open air, in the nature, like our ancestors.





Georges Hébert used to define physical education as the following:

- ensure integral development;
- increase the body's resistance;
- increase skills in all kinds of natural and utilitarian exercises: walking, running, jumping, climbing, balancing, throwing, lifting, defending, swimming, and what he called quadrupedy (crawling);
- develop energy;
- finally, stand to a moral idea: altruism (the care for others).

All forms of human physical activity can be split in the following ten basic families:

Walking



Running



Crawling



Jumping



Climbing



Balancing



Throwing



Lifting



Defending



Swimming





Our body is naturally made to walk, run, progress in balance, jump, climb, lift, throw, carry, defend, swim. To train naturally, it is enough to walk, run, progress in balance, jump, climb, throw. In the natural actions that our ancestors used to perform, all of these were perfectly developed. The development of their muscles, heart and lungs was the result of their activity.

In nature, no specific respiratory exercise develops the lungs. All activities that increase the respiratory rhythm to meet increased oxygen requirements naturally increase the lung capacity.

They also increase heart capacity. This means that running, which intensely strains the heart and lungs, is the basic activity.

This is why Georges Hébert (whereas the name hebertism) created circuits (or “parcours”) in nature to foster natural exercise in the forest, on the countryside, in parks and in gardens. The circuit in nature has the following advantages:

- it takes advantage of our natural movement when practising everyday movements and awakens the practical sense; it develops the qualities of action when crossing difficult or dangerous obstacles;
- it requires that we assist one another;
- it awakens the senses (sight, smell, hearing) and also the sense of observation;
- it allows direct contact with all its benefits.

Nature has a positive psychic action and arouses joy and enthusiasm, particularly with children.



1. What is natural exercise or hebertism?
 - A. The fact of integrating sports into our everyday life.
 - B. The fact of lifting weight in nature instead of in a gym.
 - C. The fact of integrating the body's natural movements in a way to reproduce our ancestors' normal day of activity to fully develop the muscles, the lungs and the heart.
 - D. The fact of exercising altruism, so to act naturally with our friends and family.

2. From the context of the book, where was Georges Hébert from?
 - A. Kitigan Zibi
 - B. France
 - C. South Africa
 - D. China

3. Among the following answers, which are part of the ten basic families?
 - A. Walking, running, lifting
 - B. Quadrupedy, climbing, grasping
 - C. Jumping, stomping, balancing
 - D. Stomping, fighting, hanging

4. Why did our ancestors not need "physical education" to ensure a healthy lifestyle?
 - A. Because weight lifting was part of their everyday life, right after a healthy breakfast.
 - B. Because they did not eat a lot, so they did not gain weight.
 - C. Because they had to swim everyday to catch their fish, so they did not need to train further.
 - D. Because they had to support themselves and ensure their safety through their own activity, which granted them optimal health.

5. Why do we have to exercise nowadays?
 - A. Because we integrated chips and soda into our diet, so we need to compensate with exercise.
 - B. Because modern lifestyles reduce the time spent on physical activity, so we need to compensate.
 - C. Because we need to reinforce the body by harming it.
 - D. Because we lost motor skills due to too much screen time.

Across: 1: raising yourself especially by grasping or clutching with the hands

Down: 1: moving on your hands and knees

Down: 2: Going steadily by springing steps so that both feet leave the ground for an instant in each step

Down: 3: propelling yourself in water by natural means

Across: 4: gaining stability produced by even distribution of weight on each side

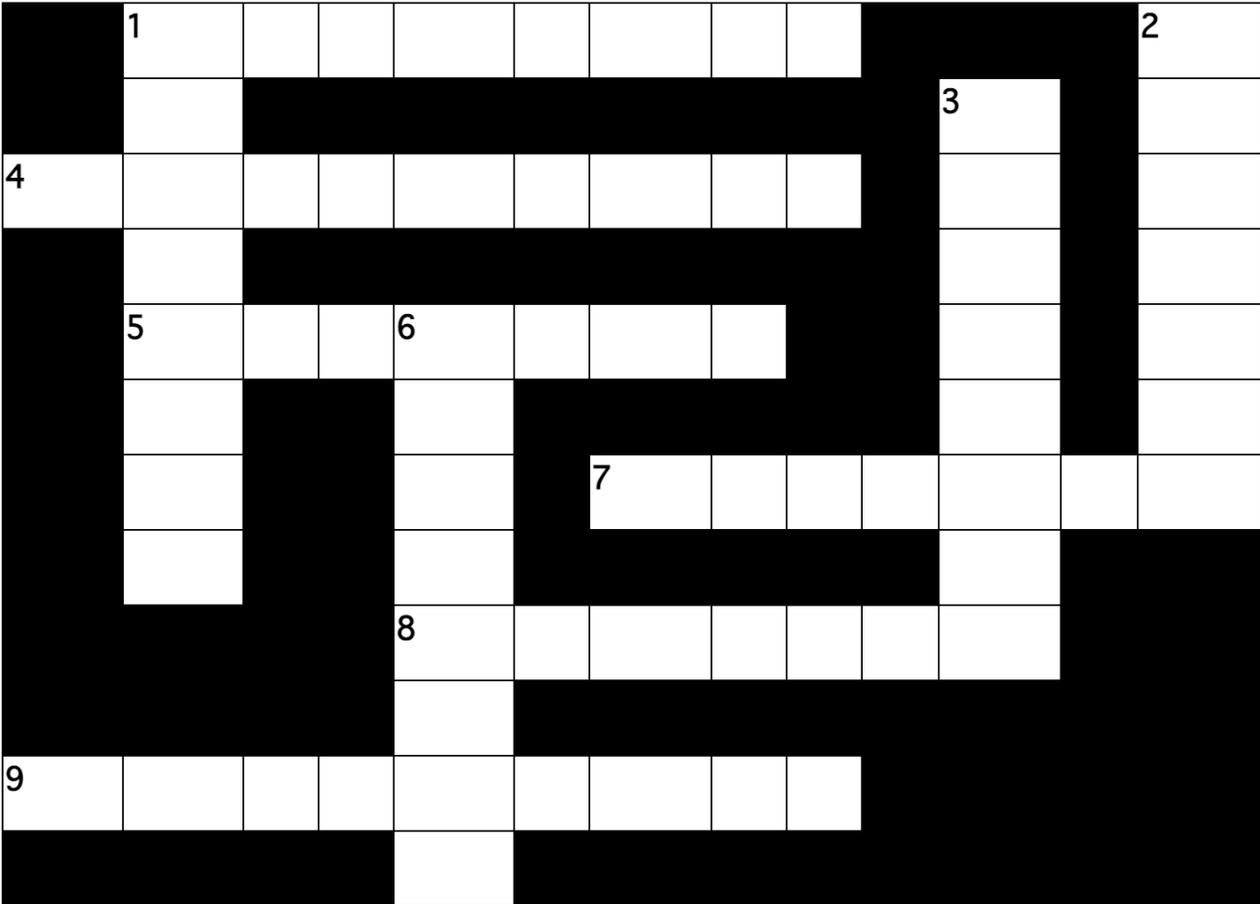
Across: 5: raising something from a lower to a higher position using strength

Down: 6: propelling an object through the air by a forward motion of the hand and arm

Across: 7: springing in the air, leaping

Across: 8: moving along on foot : advancing by steps

Across: 9: attacking away from danger



Mediagraphy

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