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Physical Education - Girls

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REPORT OF PHYSICAL EDUCATION AND
HEALTH FOR GIRLS, AMACHE, COLORADO

1942-1945

Aims:

1. To provide opportunities to have the joy of physical activity and, at the same time, acquire qualities of cooperation and leadership.
2. To aid the pupils to acquire better health, health knowledge, and health attitudes through physical activities and group discussions.
3. To help pupils gain muscular power and co-ordination by acquiring physical skills.
4. To provide opportunities for children to exercise such qualities as good sportsmanship, honesty, and initiative.
5. To engage in seasonal sports.
6. To provide opportunities to gain knowledge and skills in activities which may be carried over into adult life..
7. To provide opportunities for participation in group activities.

Offering and Time Allotment:

Junior High in 1942-1943:

Relays
Basketball
Soccer
Volleyball
Folk dancing
Softball
Running games
Health
Community Environment
Living happily with others
Sanitation
Nutrition
Physiology
Mental Hygiene

Senior High in 1942-1943:

Speed ball
Volleyball
Warm-up activities
Softball
Health
Clothing problem
Bathing problem
Infections
Posture
Mental hygiene
Safety
Personal Hygiene

Periods were 50 minutes in length. From October to December, health was taught once a week. From March to May, Health was taught twice a week, physical education twice a week. Co-ed dancing once a week. From May to end of school year, health was taught first 20 minutes of each period daily, physical education was taught the rest of the period.

1943-1944

Volleyball
Flashball
Basketball
Tumbling
Softball
Shuffle Hockey
Squard Dancing
Health
 Muscles
 Respiratory system
 Nervous system
 Circulatory system
 Personal hygiene

Periods were 50 minutes in length. Health class was held three days a week for one quarter.

1944-1945

Soccer
Basketball
Volleyball
Softball
Folk Dancing
Social Dancing
Health
 Diseases (conta gious)
 Personal Grooming
 Sex Education
 Home Medicine Cabinets

Each class had health and physical education twice a week for one semester, the second and third quarters. Fridays were alternated with the boys. One Friday morning girls had physical education while boys had health class; then the following Friday it was vice-versa. The first and fourth quarters physical education was taught five days a week.

Plan of Work

HEALTH

During the first part of the school year, height and weight was taken of each girl, in '45 an orthopedic examination was also given. Height and weight recordings were taken again during the year. In '42-'43 problems were outlined by instructor and assigned to each group. A squad discussion leader then became responsible for guiding and coordinating the efforts of her group in solving the problem. Usually one or two class periods were allowed for squad study, discussions and etc. Each problem was presented to the class by various methods such as panel discussion groups, reports, debates, and question and answers. The method of presentation was largely the responsibility to each group leader. Members of other squads were permitted to add supplementary information to the findings of the group and to question its solution to the problem. Upon the conclusions of all squad discussions, a test was given to the class by the leaders who made up five questions over their respective problems. Each leader checked her part of the test. Squad leaders filled out squad cards on which they rated the work of each member of their squad. This card was filed with the instructor along with the leader's recommendation for the next discussion leader in her group. A report on each problem was written by the leader and this was included in a class workbook. Each individual girl kept necessary notes. In '43-'44 oral reports were given by students and discussions took place after these reports. The instructor gave a series of talks on menstruation to the juniors and seniors. In '44-'45, students worked in small groups to do research work and present plays, demonstrations, radio plays, or quiz programs. Students were allowed to choose small units within a larger unit on which to work, such as when studying disease, students could choose scarlet fever and investigate it. After presentation of material to class, questions were asked, discussions took place, and reviews held. Lectures were given at various times to help the students obtain material for units, and the unit on sex education was presented entirely through lectures, charts and individual reading. The path of this unit was guided by the questions asked by the students. The students were required to make note books of class notes, lectures and project material. During the entire three years, the question box was used for more personal questions to be asked and answered.

Text books used throughout the entire three years were;

Being Alive, Human Structure and Functions;

Health Problems, How to Solve Them;

both by Brownell, Williams, Hughes,
American Book Company, 1942.

Health in a Power Age; Charters, Smiley
Strang.

Step by Step in Sex Education; Dr. Edith
Hale Swift.

Physical Education:

During the entire three years a definite outdoor physical education program was difficult to follow because of inclement weather, and poor playing fields. Whenever it was possible, the students played seasonal games outside and during winter months played seasonal games inside; if they could not go outside quiet games, such as checkers, pick up sticks, knitting and jig saw puzzles were carried on, or health and rule discussions were held inside depending upon available space. During '42-'43, when usually only two class sections were in a class, teams were chosen with two teams from a class with a captain. Tournaments for three weeks with these teams were played and then new captains and new teams were selected. Friday was designated as the day for dancing for those who interested. In '43-'44, the classes were grouped in squads with a squad leader which was to remain for one major sport and then were reclassified. In classes in which there were too many squads for all to play at the same time, for example volleyball, the extra squads rotated in and out of the games at assigned intervals. The squad which did not play either umpired or did another activity, such as tumbling. Batteries of skill tests were set and everyone was tested on them at the closing season of sport. Rule tests were also given. During '44-'45 students were placed in squads by "counting off" in a line which was either arranged according to height or old squads. A squad leader was responsible for taking roll, caring for equipment, and leading games or drill practices. When taking up a sport students were allowed to play a day or two without any rules or techniques taught to show or discover their weaknesses. Then various techniques were taught and rules taught at the time when an incident arose in which the rule was needed. In dance classes, fundamentals were taught by having students clap hands, walk and run to music. Basic steps were then taught and combined; students were then required to make up steps, demonstrate and teach the steps to the class.

Evaluation:HEALTH

The students ^{and} gained an ~~a~~ fundamental understanding of the body, its functions, ~~and~~ caring for it, and understanding of the necessity of good health. Text books were of recent publications and were fairly good, but many students had used them for two or three years. The system of rotating health classes worked out very well so that students interest was held in the course. Classes were too large for one teacher to handle efficiently and ~~health~~ facilities were inadequate.

shower

PHYSICAL EDUCATION:

The students in senior high and 9th grade were able to play very good games of volleyball, softball, basketball and dance, a good games of soccer. They were able to umpire games fairly well and keep scores. The 7th and 8th grade students were able to play a good game of volleyball and softball and umpire these games also. They played a fairly good game of soccer, did folk dancing well and could do social dancing fairly well. Work was done on posture correction, restricted activities, and social activities correlates with other subjects. Squad and squad leaders were utilized so that all students were given an opportunity to be a leader thus providing for leadership and learning to take responsibilities. In the last two years indoor facilities and equipment was excellent. Playing fields consisted of sand with sage and yucca, so that they were very dangerous to play on. There was very little equipment outside. Classes were generally too large and made it difficult to have a program in which everyone was busy at all times. In '42-'43 equipment was inadequate.

fixed

Booster Club

The Booster Club held its charter meeting October 4, 1944. October 11, 1944, a meeting was held in which the constitution was written. In the constitution it was stated that the club was organized to create school spirit and provide entertainment at athletic events. The club put on drills at games, sold refreshments, had school parites, and put on pep assemblies. Meetings were held on an average of once a month at which time the girls learned to march. There was much interest in it because any girl could become a member in the organization and it provided for all girls to take an active part in the organization. More interest could have been obtained if out--of-school events had been played, and thus the group put on more events. The membership was 75, which included Senior High girls.

G.A.A.

In March 1943, the Girls' Athletic Association was organized and the constitution written. The purpose of this organization was to stimulate interest in sports activities, to provide opportunities to form new friendships, to promote ideals of sportsmanship, and service, and to improve body efficiency and general health. G.A.A. membership could be acquired by playing four major sports a year, average was 18 hours. One major sport had to be played, attend five meetings and all special meetings each semester in order to keep membership. Dues of fifteen cents were collected at the beginning of each semester. Tournaments in two major sports each semester were set up and played off on Saturdays at the gymnasium. Teams were organized by the girls. Playing in tournaments did not require membership in the organization. Initiation parties were held each semester for the new members. A small group of G.A.A. members formed an Official's Club and officiated at the games. Other girls volunteered their services as scorekeepers and timekeepers; students on restricted activities volunteered for these. There was an umpire and referee on the floor for nearly every game played.

The G.A.A. contributed to the school program by providing opportunities for girls to participate in non-required athletics. All girls were eligible to become members of this organization. During the first year, the girls had to go to Granada High School in order to play games which was a decided disadvantage because of lack of transportation. The average membership was one hundred.

Miss Loeffler
Mr. Anderson

PHYSICAL EDUCATION & HEALTH

1944-45

PURPOSE:

Material and units planned for the coming school year are designed to give to the students a practical, functional knowledge of basic health facts useful to them in their life here on the project and in the society into which they shall be relocated.

OBJECTIVES:

Since this is to be a functional course, we shall deal with personal cleanliness, community health, formation and continuation of clean habits of behavior and thought, and with personal attitudes of a clean, clear-sighted, wholesome nature.

METHOD:

In Physical Education, it is obviously true that the students learn best by doing. As a result, we shall attempt to adapt day to day work to both the contemporaneous students' needs and to weather conditions. Group activities will be encouraged in order to develop a sense of social cooperation. However, it is our intent to administer such special health corrective activities as are necessary in individual cases. Our starting basis will be a complete physical examination, assisted by competent members of the hospital staff, thereby arriving at a case record of the condition of each student. Such an examination will point the way to needed corrections to be administered throughout the course. We shall use the total bodily organism as the focus point from which specialized studies will be made, according to the needs and desires of the students. Attention given periodically to group calisthenics will ensure the meeting of minimum standards of physical recreation. Student desires will be complied with where ever possible; a large intra-mural program will satisfy such a condition.

PROGRAM OUTLINE:

- I. INTRODUCTION TO PHYSIOLOGY
 - A. Body coordination
 - B. Discussion of organic parts
 - C. Discussion of the vital systems
- II. Foods, Nutrition, & the Digestive Tract
- III. Blood & Circulation
- IV. Respiration
 - A. Study of the organic makeup of breathing apparatus
 - B. Study of the effects of alcohol, tobacco, bad posture
 - C. Value of regular physical recreation
- V. Personal Hygiene
 - A. Common diseases
 - B. Sound health procedures & habits
- VI. Community Health
 - A. Water purification
 - B. Control of Epidemics
 - C. Services of local, State, and National governments
 - D. Responsibility of the individual in community health problems

Mr. Anderson
Miss Lupp

PHYSICAL EDUCATION + Health
DEPARTMENT

PREFACE: WHEREAS THE SITUATION EXISTING IN A RELOCATION CENTER IS AN ABNORMAL ONE, THE PHYSICAL EDUCATION DEPARTMENT IS OF FIRM BELIEF THAT ITS PROGRAM SHOULD BE BASED PRIMARILY UPON THE NEED FOR RECOGNITION OF AN ADAPTION OF EXISTING ABNORMAL CONDITIONS. THE OVERALL PHILOSOPHY OF OUR PROGRAM IS COND TIONED BY SUCH FACTORS AS:

1. THE ABNORMAL NEED OF THE AMACHE STUDENTS FOR RECREATION AND WHOLESOME ANOVIATIONS.
2. THE RESTRAINT PLACED BY RECIAL CUSTOMS UPON MIXED ACTIVITIES, AND THE RESULTANT TENTANCY AND RELUCTANCE ON THE PART OF THE STUDENTS TO ENGAGE IN BI-SEXAL ACTIVITIES.
3. THE PIVOTED PLAIGE IN COMMUNITY MORAL WHICH THE SCHOOL SPONSORED PHYSICAL EDUCATION PROGRAM HOLDS.

GENERAL OBJECTIVES:

1. TO PROVIDE OPPORTUNITIES FOR THE BOYS AND GIRLS TO HAVE THE JOY OF PHYSICAL ACTIVITY AND AT THE SAME TIME ACQUIRE QUALITIES OF COOPERATIVENESS, LEADERSHIP AND FOLLOWERSHIP.
2. TO GIVE CO-EDUCATIONAL AND CO-RECATIONAL ACTIVITIES SO THAT THE CHILDERN MAY HAVE OCCASION TO LEARN HOW TO CONDUCT THEMSELVES IN SUCH RELATIONSHIPS.
3. TO AID THE PUPILS TO ACQUIRE BETTER HEALTH, HEALTH KNOWLEDGE, AND HEALTH ATTITUDES THROUGH PHYSICAL ACTIVITIES AND GROUP DISCUSSIONS.
4. TO HELP THE PUPILS TO GAIN ORGANIC POWER AND CO-ORDINATION THROUGH LEARNING PHYSICAL SKILLS.
5. TO PROVIDE OPPORTUNITIES FOR CHILDERN TO EXERCISE SUCH QUALITIES AS GOOD SPORTSMANSHIP, HONESTY AND INITIATIVE.
6. TO PARTICIPATE IN THE NATIONAL VICTORY CORPS PROGRAM AS FAR AS IS POSSIBLE AND PRACTICAL.

SPECIFIC OBJECTIVES: GIRLS

1. TO ENGAGE IN SEASONAL SPORTS:

FIRST SEMESTER

SOCCER

BASKETBALL IN GRADES 9 -12.

DANCE IN GRADES 7-8

SECOND SEMESTER

VOLLEYBALL

SOFTBALL

2. TO ENCOURAGE PARTICIPATION IN GROUP.
3. TO GIVE STUDENTS KNOWLEDGE AND SKILLS OF GAMES AND DANCES WHICH MAY BE CARRIED INTO ADULT LIFE.
4. HEALTH PROGRAM OBJECTIVES:
 - A. TO ENCOURAGE INTEREST IN PERSONAL HEALTH AND WELL GROOMING.
 - B. TO PRESENT CHILDREN WITH MATERIAL OF VALUE WHICH MAY NOT BE GIVEN TO MANY IN THEIR HOMES.
 - C. TO AID CHILDREN IN GETTING A KNOWLEDGE OF HEALTH PROBLEMS AND HOW BEST SOLVED.

HEALTH UNITS

7TH AND 8TH GRADES

1. HEALTH IN AMACHE

A. DISEASES

TYPES (INCLUDING THOSE NOT FOUND IN AMACHE)

PREVALANCE

B. HEALTH FACILITIES

IMPROVEMENTS WHICH COULD BE MADE

C. CONTROLS OF DISEASES WHICH ARE PRESENT

D. PREVENTION OF DISEASE.

2. PERSONAL HYGIENE

MENSTRUATION

FUNCTION

ANATOMY

PERSONAL CARE WHILE MENSTRUATION

3. FOOD PROBLEMS

PROBLEMS OF OBTAINING FRESH, SAFE FOOD.

PROBLEMS OF CHOOSING AND SERVING FOOD.

9TH AND 10TH GRADES

1. HEALTH IN AMACHE

A. DISEASES

TYPES (INCLUDING THOSE NOT FOUND IN AMACHE)

PREVALANCE

B. HEALTH FACILITIES

IMPROVEMENTS WHICH COULD BE MADE

C. CONTROLS OF DISEASES WHICH ARE PRESENT

2. PERSONAL HYGIENE

A. MENSTRUATION

FUNCTION

ANATOMY

DISORDERS (POSTURE IMPORTANCE, EXERCISES TO IMPROVE MENSTRUAL DISORDERS)

B. FERTILIZATION

C. PRE-NATAL PERIOD

EMBRYO DEVELOPMENT

MOTHER-CARE

CLINICS FOR PRE-NATAL INSTRUCTION

D. POST-NATAL CARE

3. HOME MEDICINE CABINETS

MEDICINE TO USE, AND HOW TO CARE FOR:

- COLDS
- COUGHS
- SINUSITIS
- NASAL DISORDERS
- EARS
- EYES
- ASTHMA AND HAY FEVER
- CARSI CKNESS
- CONSTIPATION
- TEETH

11TH AND 12 GRADES

1. PERSONAL GROOMING

A. COSMETICS

POPULAR BRANDS

THOSE RECOMMENDED BY CONSUMERS UNION.

B. CARE OF HAIR

C. CARE OF SKIN AND SKIN DISORDERS

D. CARE OF NAILS

E. CARE OF TEETH

TOOTH POWDER

2. PERSONAL HYGIENE

A. MENSTRUATION

FUNCTION

ANATOMY

DISORDERS

B. FERTILIZATION

C. PRE-NATAL PERIOD

EMBRYO DEVELOPMENT

MOTHER-CARE

D. POST-NATAL CARE

E. BOY AND GIRL RELATIONSHIPS

BENEFITS

MANNERS

CUSTOMS (OLD COMPARED TO NEW)

PREPARATIONS FOR FUTURE HOME LIFE.

3. HOME MEDICINE CABINETS

MEDICINE TO USE, AND HOW TO CARE FOR: COLDS
 COUGHS
 NASAL DISORDERS
 EARS
 EYES
 ASTHMA AND HAY FEVER
 CAR SICKNESS
 CONSTIPATION
 TEETH

SPECIFIC OBJECTIVES: BOYS

1. TO ENGAGE IN SEASONAL SPORTS

A. FALL

FOOTBALL

OUTDOOR VOLLEYBALL

SOCCER

SOFTBALL

B. WINTER

TUMBLING

BOXING

VOLLEYBALL

BASKETBALL

ROPE CLIMBING

C. SPRING

SOFTBALL

VOLLEYBALL

TRACK AND FIELD EVENTS.

2. TO DISCUSS HEALTH FACTORS OF IMPORTANCE AND INTEREST TO THE VARIOUS AGE AND CLASS GROUPS.

JUNIOR HIGH

A. PROGRAM OF MEDICINE

B. IMMUNITY HEALTH AND SAFETY PROBLEMS

C. COMMUNITY HEALTH AND SAFETY CAMPAIGNS

D. FORMULATION OF GOOD HEALTH HABITS

INTERMEDIATE

A. ACQUISITION OF BASIC KNOWLEDGE OF THE HUMAN BODY.

1. ACQUISITION OF SIMPLE FIRST AID SKILLS.
2. RELATION OF PHYSICAL ACTIVITIES TO GOOD, HEALTH LIVING.

SENIORS

1. REVIEW OF THE BODY AND ITS WORKING
 2. DISCUSSION OF THE NATURE OF MALE AND FEMALE BODIES.
 3. A BROAD INCLUSIVE DISCUSSION OF MARRIAGE RELATIONS.
3. PHYSICAL FITNESS PROGRAM
- A. INDIVIDUAL SCREEN EXAMINATION
 - B. POSTURE CORRECTION EXERCISES
 - C. FOLLOW THROUGH RECOMMENDATIONS FOR INDIVIDUAL DEFICIENCIES.
 - D. OCCASSIONAL SIMPLE MILITARY DRILLS FOR BOYS NEAR DRAFT AGE.
 - E. FREQUENT CALISTHENIC DRILLS.

In reply, please refer to:
GR:ED:HKW

GRANADA PROJECT
AMACHE, COLORADO

May 11, 1944

Miss Evelyn Johnston
Laboratory School
Department of Education
University of Chicago
Chicago, Illinois

Dear Miss Johnston:

Dr. Lloyd A. Garrison, Superintendent of Education, is answering your recent letter. Perhaps I can add some additional information, however.

We expect an enrollment of about three hundred girls in grades 6-11. We are situated in the "dust bowl" region in Colorado and our play grounds are not all in grass, etc. We have one large gymnasium, which is equipped with limited but adequate shower rooms. It can be divided by partitions to make one basketball court each for girls and boys. We own considerable softball, volleyball, badminton, indoor hockey, ping pong, basketball, and similiar equipment.

Our community recreation is not particularly well-organized.

We work under civil service regulations, from 8 to 4:30 daily, 6 days per week.

A teacher who lives on the project, however, is welcome to schedule some of her work during one or more evenings per week. She is then excused an equivalent number of hours during the day time.

Our summer program, extends from June 12 through August 12, attempts to do among others, 3 things; (1) to give pupils an opportunity of making up work missed during the regular school year, (2) to allow some pupils to complete their high school work in a shorter period of time, and (3) to provide worth while recreational

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and leisure time activities for the children of our center who live in a rather drab situation and who have few facilities for recreation in their own living blocks.

Although it gets hot here it does not get as hot as summers I have known in Chicago. We are not close to any large cities. We therefore, provide our own social life and recreation and I think you will find us a pleasant and congenial group.

Most of us came here for reasons of conviction which helps us to minimize our handicaps. I am enclosing some additional information about our community and its school.

By the way, we have no swimming pool.

We are hoping to do some fine arts, a health pageant, etc., and will conduct various sorts of tournaments. The accent in our summer program is on informality.

Cordially yours,

Herbert K. Walther
Principal
Amache Secondary Schools

In reply, please refer to:

GR:ED:HKW

GRANADA PROJECT
AMACHE, COLORADO

May 13, 1944

Miss Ammie Isgrig
Rockford College
Rockford, Illinois

Dear Miss Isgrig:

Thank you for your letter. I have great respect for Dr. Bettelheim's recommendation. I know you enjoyed having him as a teacher.

I am enclosing some descriptive material of our center and shall be glad to answer any further questions you may have.

All of our English and Social Studies work is correlated in such a way that teachers must give instruction in both fields. As much as possible, the class and teacher cooperate in planning and executing larger functional units of work. These English and Social Studies classes are the socio-political units of our school. We also try to correlate some of the art and music and health instruction with this our general education area. In junior high school, a teacher is the counselor for two of these groups which meet for half day session.

The over all theme in the 7th grade is "Other Lands and Other Times". In the 8th grade it is "America and Her Neighbors".

Our summer school, which will begin on June 12 and lasts for 8 weeks, has three main functions; (1) to provide opportunity for those pupils who are deficient in one or more of the communication skills to secure additional intensive help, (2) to provide a great number of varied creative and recreational activities, and (3) to provide as much experience as possible for older pupils in vocational fields under school supervision. The accent in our summer program is on informality.

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letters*

Although we do not have nice buildings we are quite well-supplied with the usual equipment. We are especially interested in teachers who know something about arts and crafts.

As you perhaps know we live in what is known as the "dust bowl" area. Not much of our land is planted in grass so that when the wind blows it picks up some dust. The majority of our teachers do not complain about our handicaps. They are interested in the unusual aspects of the situation and in the challenges which the work presents to teachers who have formed certain attitudes about minority groups. I am sure you would find our school an interesting one.

I am enclosing 2 copies of form "57". Please fill them out and have one notarized. Return them to Dr. Lloyd A. Garrison, Superintendent of Education, at the above address. Thank you for writing. I hope this letter has increased your interest in relocation centers.

Yours very truly,

Herbert K. Walther
Principal
Amache Secondary Schools

HKW:my

Final Report
June 1945
Boys P.E.

----W.O. Anderson

GRADES 7 & 8

As indicated in the last report, the main unit of work to be completed in the last school quarter consisted of the ten basic tests previously listed. The information gained as results of these tests was summarized and given to the students; a copy of each record was also given to Miss Lewis for including in each student's permanent record.

Three days of each school week were devoted to either preparing for or taking the various tests. Two days were spent in elective activities. The 7th and 8th grades elected outdoor basketball, softball, and football as their optional activities. During the last month of classes considerable class time was spent in miscellaneous activities, such as: putting up chairs for assemblies, helping to carry tablet arm chairs to and from the barracks, carrying materials for assembly programs, and sorting and shaking the canvas floor coverings.

A great deal of interest was shown by the 7th and 8th grades in tumbling and standing broad jumping. The smaller boys developed quite a complicated set of rules for an improvised game known as "Medicine Ball Tag". This proved to be very popular as an outside game on good days.

As a follow up measure, all the 7th and 8th graders were given a re-check on the screen physical exam, a copy of which was sent to Miss Lewis for filing.

GRADES 9 & 10.

The 9th and 10th grades also devoted most of their time to the completing of the ten basic tests. They showed great interest in the jumps, particularly. High jumping was probably the most popular sport, with shot putting running a close second.

At the request of the students two weeks were devoted to bar work, using equipment at nearby Rec. Halls. Bar exercises included: skinning the cat, pull ups, one hand spirals, and horizontals.

The 9th and 10th grades also had a review unit which included a summary of all health material covered during the winter quarters. As a final test each student wrote an essay type report on his choice of the following:

1. General Structural Pattern of the Body
2. Circulation System (make-up, functioning, common diseases thereof)
3. Respiration System (same)
4. Digestive System (same)
5. Brain and Sensory System (Same)
6. Practical First Aid.

Grades 11 & 12

During the last month of school, a good number of the upper classmen either relocated or secured jobs on the project. The remaining nucleus finished the basic tests and also devoted a part of their time to elective activities. With the upper ~~xx~~classmen, high jumping and shot putting proved to be very popular. Elective activities included tumbling, outdoor basketball, and softball.

During the last two weeks of school, the upper classmen were very helpful in moving heavy stage props, pianos, and in helping to prepare for the senior pageant and commencement. They were of help to Mr. Hinman in moving the Public Address system during the period when many activities required the use of such equipment.

As a review unit, each senior wrote an essay type report on his choice of the four large units completed in the health program during the winter:

1. Personal and Family Hygiene: Pre-Marriage
2. Social Health Problems (venereal diseases, contagious diseases, and cancer)
3. Pre-Military Information (organization of the elective Service System, army ranks, occupation problems, veterans' rights).

MISCELLANEOUS

A.

During the last quarter of school, the annual Applegate Inter-Class Tourney was played off and was won by the Senior Class. The 9th grade won the Junior High Tourney. Included below are the game scores;

7th: 20

8th: 28

8th: 22

9th: 42 (Jr. Hi. Champs)

10th: 21

12th: 28

9th: 32

11th: 40

9th: 24

10th: 32 (consolation)

11th: 28 (Runners Up)

12th: 34 (Applegate Trophy Winners)

During the first game of this tourney, Bob Nimura fell and broke his left arm. The fracture was given emergency treatment at the gym and was then sent to the hospital.

B.

On Senior High Award day, medals were given to the members of the teams which had won their respective league championships during the winter. (Globe Trotters: A; Seinans: B; Seinans: C). A service medal was also given to Setsumi Saito for serving as cashier at the winter games. George Takahashi was selected by Mr. Drummond and myself to receive a trophy for outstanding cooperation, school spirit, and support of the school athletic program.

Phys. Ed

Marguerite Loeffler

Report for September 6 - 15, 1944

L.A.O.F.

General Objectives for year program:

1. To afford opportunities for developing neuro-muscular skills and organic power through big-muscle activities.
2. To develop proper habits, attitudes, and ideals toward healthful living.
3. To stimulate interest and joy in skills, sports, and other activities which are meaningful now and which may be carried over into adult life.
4. To afford many opportunities for exercising such desirable social traits as leadership, followership, and co-operation.
5. To create opportunities for exercising such character traits as fair play, courtesy, honesty, self-control, loyalty, truthfulness, and good sportsmanship.
6. To stimulate interest in growth in terms of the program offered.
7. To recognized and to provide, as far as possible, for individual differences physically, psychologically, and socially.

Specific Objectives:

1. To aid pupils in becoming familiar with the soccer ball and the means by which the ball may be manipulated.
2. To aid the pupils to gain various skills used in soccer by means of lead-up gains.
3. To aid the pupils to gain knowledge of a variety of group ball games.

Daily Lessons:

September 6

Classes met for the first time. The entire junior high and senior high classes were under my instruction.

The enrollment was the following:

Period 1---70

Period 2---70

Period 3---61

Period 4---62

Period 5---92

Period 6---50

The pupils were given instructions as to the clothing they would be required to wear for the following year during P.E. class.

Pupils were asked to get together teams for the intramural sport which would be soccer.

The possibility of having evening dances for the high school students only was discussed, and the general conclusion in all the classes was to have a "stag" dance every other week. Girls said they would turn out if ever a dance was held. Further plans will be taken up later.

September 7

At the beginning of class the pupils were divided into squads. The pupils lined up according to height with the tallest pupils at one end of the line and the shortest at the other. They counted off by 10's, 11's, or 12's

depending upon the size of the class. All the one's were squad leaders for the next three weeks. This plan worked out very well. The squad leaders were required to take roll each day in their own squad. Various duties such as directing squad games, and teaching new games to their squad were given to their squad leader.

The following soccer techniques were taught; passing and dribbling. Soccer passing in circle and two line dribble were practiced.

SEPTEMBER 8;

Review;

Soccer pass and dribble.

New Material;

Soccer keep away.

Corner ball.

SEPTEMBER 11.

Review;

Two line soccer dribble.

Soccer ~~Keep~~ keep away.

New Material;

Soccer dribble in between people in a straight line.

SEPTEMBER 12.

Review;

Soccer dribble in between people in a straight line.

New Material;

Couple pass and dribble ~~keep~~ keep away.

SEPTEMBER 13.

Review;

Dribbling. ~~couple pass and dribble keep away.~~

Couple pass and dribble keep away.

New Material;

Soccer German batball.

SEPTEMBER 14.

Review;

Dribble and pass relay.

Soccer German Batball.

New Material;

Soccer batball.

SEPTEMBER 15.

Review;

Soccer batball. ~~relay.~~

New Material;

Circle Stride Ball.

PLANS FROM SEPTEMBER 18, OCTOBER 15, SEPTEMBER 18, 22.

Review:

Material that pupil already have had.

SEPTEMBER 25, 29.

Keep pupils inside and teach marching and exercises.

OCTOBER 2, 15.

Aquaint pupils with soccer field.

Teach soccer.

Begin intramural program.

SPECIFIC OBJECTIVES:

1. TO AID THE PUPILS TO LEARN THE NUMBER AND POSITION OF THE PLAYERS IN SOCCER.
2. TO AID THE PUPILS TO LEARN THE POSITION OF PLAYERS AT THE KICK-OFF.
3. TO TEACH FUNDAMENTAL AND BASIC RULES SO PUPILS MAY PLAY SOCCER WITH AS LITTLE CONFUSION AS POSSIBLE.

SEPT. 18-23:

PUPILS REVIEWED THE GROUPE SOCCER LEAD-UP GAMES WHICH HAD PREVIOUSLY BEEN TAUGHT.

SEPT. 25-29:

THE ENTIRE WEEK MARCHING AND EXERCISES WERE TAUGHT.

FOLLOWING MARCHING SIGNALS WERE DRILLED:

1. MARCH TIME.
2. MARCH.
3. ABOUT FACE, LEFT AND RIGHT FACING.
4. HALT.
5. TO THE REAR.
6. TO THE RIGHT AND LEFT FRANK.
7. OPENING AND CLOSING ORDER.

FOLLOWING EXERCISES WERE TAUGHT.

1. STRIDE STANDING WITH TRUNK BENT FORWARD TO 90 DEGREES; ARM FLINGING FORWARD UPWARD.
2. HIP GRASP STANDING; HOPPING WITH ALTERNATE LEG SWINGING SIDEWAYS.
3. BOBBING FOLLOWED BY ARM ROTATION.
4. ARM SWINGING FORWARD, SIDEWAYS, AND CIRCLE.
5. HIP GRASP STANDING; CUT STEP SIDEWAYS AND FORWARD.
6. DEEP KNEEW BENDING AND STRETCHING.
7. STRIDE STANDING; ARM FLINGING FROM CROSS TO FLY WITH HEEL RAISING.
8. ALTERNATE LEG SWINGING FORWARD AND BACKWARD WITH CLAPPING OF HANDS.
9. JUMPING WITH FEET APART AND TOGETHER WITH HAND CLAPPING OVERHEAD AND ARM RAISING SIDEWAYS.
10. ARM BENDING AND STRETCHING UPWARD, SIDEWAYS, FORWARD, AND DOWNWARD.
11. HALF HIP GRASP STRIDE STANDING; TRUNK TWISTING WITH ARM FLINGING BACKWARD UPWARD.

IN THIS WEEK NEW SQUADS WERE FORMED BY PUPILS COUNTING OFF BY SIXES OR THE NUMBER OF SQUADS TO BE FORMED. ALL ONES FORMED SQUAD 1, AND ALL TWOS FORMED SQUAD 2, AND ETC.. SQUAD LEADERS

WERE FIRST PUPILS IN EACH SQUAD.

OCTOBER 2 TO 6

ON MONDAY, TUESDAY AND WEDNESDAY, THE GYMNASIUM AND ROOM 4 WERE USED BECAUSE OF RAINY WEATHER. WHEN THE GYMNASIUM WAS USED, DRILL AND EXERCISES WERE CONTINUED. THURSDAY THE PUPILS WERE EXPOSED TO SOCCER. THE ENTIRE CLASS WAS GIVEN AS FEW AS POSSIBLE GENERAL EXPLANATIONS, THEN TWO TEAMS WERE ALLOWED TO PLAY AND RULES EXPLAINED AS THE NEED OCCURRED TO HAVE THEM EXPLAINED. WHILE TWO TEAMS WERE PLAYING SOCCER, THE OTHER SQUADS WERE PLAYING BALL GAMES AND GENERAL RUNNING GAMES.

OCTOBER 9 TO 13

PUPILS CONTINUED TO PLAY SOCCER UNDER CLOSE SUPERVISION IN ORDER THAT RULES COULD BE EXPLAINED.

SPECIAL MEETINGS

OCTOBER 4.

A GENERAL MEETING OF G.A.A. WAS HELD BUT LITTLE BUSINESS WAS DONE BECAUSE MANY MEMBERS WERE IN CLASSES AND UNABLE TO ATTEND THE MEETING. A MEETING WILL BE HELD OCTOBER 17 FOR ELECTIONS OF OFFICERS TO REPLACE THOSE WHO HAVE RELOCATED. AN INTRAMURAL PROGRAM WILL BE STARTED.

OCTOBER 4

THE BOOSTERS CLUB, A NEW ORGANIZATION, HELD A SHORT MEETING IN ORDER THAT PUPILS COULD SIGN UP FOR MEMBERSHIP. THE NEXT MEETING WAS TO BE HELD OCTOBER 14.

OCTOBER 14

THE BOOSTERS CLUB MET AND ELECTED OFFICERS AS WELL AS A COMMITTEE TO WRITE A CONSTITUTION. THE BOOSTERS WILL BE A FORM OF A PEP CLUB AND CONSIST OF A DRILLING TEAM AND CHEERING SECTION FOR SCHOOL GAMES.

PLANS FOR OCTOBER 16 TO NOVEMBER 15

NEW SQUADS WILL BE SELECTED BY STUDENTS THEMSELVES AND FOR ONE WEEK THESE SQUADS WILL PRACTICE TOGETHER. THEN THE FOLLOWING TWO WEEKS A TOURNAMENT WILL BE HELD.

Marguerite Loeffler

MONTHLY REPORT
OCTOBER 15 TO NOVEMBER 15
M. M. LOEFFLER

OCTOBER 16 TO 27.

THE PUPILS PLAYED SOCCER ALTERNATING WITH SQUADS WHICH THEY PLAYED AGAINST.
THE PURPOSE WAS TO IMPROVE THEIR GAME AND LEARN THE RULES BETTER.

OCTOBER 30 TO NOVEMBER 3.

SMALL CLASS TOURNAMENTS WERE PLAYED BETWEEN SQUADS. FOR THIS PURPOSE STUDENTS WERE ALLOWED TO FORM THEIR OWN SQUADS AND ELECT THEIR OWN SQUAD LEADER. THIS METHOD OF SELECTING SQUADS WILL NOT BE USED AGAIN EVEN THOUGH A MAJORITY LIKED THIS METHOD BECAUSE A MINORITY OF POOR PLAYERS WERE NOT CHOSEN AND HURT FEELINGS DEVELOPED.

NOVEMBER 4.

ORTHOPEDIC EXAMINATIONS WERE GIVEN TO 72 PUPILS. IT WAS FOUND THAT ATHLETIC FOOT IS PREVALENT AMONG THE CHILDREN EXAMED. AN INTERESTING FINDING WAS THAT ALL THE STUDENTS EXAMED HAD FLAT FEET OR LOW ARCHES.

NOVEMBER 6 -7.

QUARTERLY VACATION.

NOVEMBER 6

A BOOSTERS MEETING WAS HELD FOR THE PURPOSE OF PRACTISING FOR A DRILL TO BE GIVEN AT A FOOTBALL GAME THE FOLLOWING SATURDAY.

NOVEMBER 8-10

BASKETBALL AND VOLLEYBALL WERE PLAYED INSIDE.

NOVEMBER 8.

A BOOSTERS MEETING WAS HELD AT 8:00 AND PLANS WERE MADE FOR A DANCE TO BE SPONSORED SATURDAY EVENING.

NOVEMBER 10.

A BOOSTERS MEETING WAS HELD AT 11:00 A.M. FOR DRILL PRACTICE.

NOVEMBER 11

BOOSTERS MET AT 8:00 A.M. TO PRACTICE FOR DRILL TO BE GIVEN FOR FOOTBALL GAME IN THE AFTERNOON. BOOSTERS DRILLED AT FOOTBALL GAME AND SPONSORED "PIGSHIN FROLICS" IN EVENING.

NOVEMBER 13-14

PUPILS PLAYED BASKETBALL INSIDE.

NOVEMBER 15

HEALTH CLASSES WERE HELD AND STUDENTS ASKED FOR IDEAS FOR HEALTH UNITS. A HEALTH PROGRAM WAS DRAWN UP.

NOVEMBER 16

HEALTH CLASSES BEGAN. THOSE CLASSES WHICH MET IN THE GYMNASIUM PLAYED BASKETBALL.

NOVEMBER 17

ALL P. E. CLASSES MET IN THE GYMNASIUM SO THERE WAS A MIXED PROGRAM.

WINTER PROGRAM

	1	2	3	4	5	6
MONDAY	PHYSICAL EDUCATION	PHYSICAL EDUCATION	PHYSICAL EDUCATION	HEALTH	HEALTH	HEALTH
TUESDAY	PHYSICAL EDUCATION	HEALTH	PHYSICAL EDUCATION	PHYSICAL EDUCATION	HEALTH	HEALTH
WEDNESDAY	HEALTH	PHYSICAL EDUCATION	HEALTH	HEALTH	PHYSICAL EDUCATION	PHYSICAL EDUCATION
THURSDAY	HEALTH	HEALTH	HEALTH	PHYSICAL EDUCATION	PHYSICAL EDUCATION	PHYSICAL EDUCATION
FRIDAY		MIXED CLASSES				

PERIOD 2 AND 4—GRADES 7-8
HEALTH UNITS

1. HEALTH IN AMACHE

A. DISEASES

TYPES (INCLUDING THOSE NOT FOUND IN AMACHE).

PREVALENCE

B. HEALTH FACILITIES

IMPROVEMENTS WHICH COULD BE MADE

C. CONTROLS OF DISEASES WHICH ARE PRESENT

D. PREVENTION OF DISEASE.

2. PERSONAL HYGIENE

MENSTRUATION

FUNCTION

ANATOMY

PERSONAL CARE WHILE MENSTRUATING

3 FOOD PROBLEMS

PROBLEMS OF OBTAINING FRESH, SAFE FOOD

PROBLEMS OF CHOOSING AND SERVING FOOD

PERIOD I AND 5—GRADES 9-10
HEALTH UNITS

1. HEALTH IN AMACHE

A. DISEASES

TYPES (INCLUDING THOSE NOT FOUND IN AMACHE)

PREVALANCE

B. HEALTH FACILITIES

IMPROVEMENTS WHICH COULD BE MADE

C. CONTROLS OF DISEASES WHICH ARE PRESENT

2. PERSONAL HYGIENE

A. MENSTRUATION

FUNCTION

ANATOMY

DISORDERS (POSTURE IMPORTANCE, EXERCISES TO IMPROVE MENSTRUAL DISORDERS)

B. FERTILIZATION

C. PRE-NATAL PERIOD

EMBRYO DEVELOPMENT

MOTHER-CARE

CLINICS FOR PRE-NATAL INSTRUCTION

D. POST-NATAL CARE

3. HOME MEDICINE CABINETS

MEDICINE TO USE, AND HOW TO CARE FOR:

COLDS
COUGHS
SINUSITIS
NASAL DISORDERS

EARS
EYES

ASTHMA AND HAY FEVER
CARSICKNESS
CONSTIPATION
TEETH

PERIODS 3 AND 6—GRADES 11-12
HEALTH UNITS

1. PERSONAL GROOMING

A. COSMETICS

POPULAR BRANDS

THOSE RECOMMENDED BY CONSUMERS UNION

B. CARE OF HAIR

C. CARE OF SKIN AND SKIN DISORDERS

D. CARE OF NAILS

E. CARE OF TEETH

TOOTH POWDERS

2. PERSONAL HYGIENE

A. MENSTRUATION

FUNCTION

ANATOMY

DISORDERS

B. FERTILIZATION

C. PRE-NATAL PERIOD

EMBRYO DEVELOPMENT

MOTHER-CARE

D. POST-NATAL CARE

E. BOY AND GIRL RELATIONSHIPS

BENEFITS

MANNERS

CUSTOMS (OLD COMPARED TO NEW)

PREPARATIONS FOR FUTURE HOME LIFE.

3. HOME MEDICINE CABINETS

MEDICINE TO USE, AND HOW TO CARE FOR;

COLDS
COUGHS
NASAL DISORDERS
EARS
EYES
ASTHMA AND HAY FEVER
CARSICKNESS
CONSTIPATION
TEETH

MONTHLY REPORT
PHYSICAL EDUCATION

NOVEMBER 20

BASKETBALL BEGAN IN 9-12 GRADES.

FOLLOWING PASSES AND SHOTS WERE TAUGHT AND PRACTICED IN ZIG-ZAG FASHION.

TWO-HAND UNDERHAND PASS AND SHOT

ONE-HAND UNDERHAND PASS

TWO-HAND CHEST PASS

ONE-HAND SIDE ARM PASS.

DANCE BEGAN IN 7-8 GRADES.

METHODS:

1ST CLAP HANDS TO VARIOUS TYPES OF MUSIC.

WALK TO MUSIC IN VARIOUS TEMPOS.

THIS METHOD USED FREQUENTLY DURING PERIOD OF TEACHING DANCE.

BEGIN TEACHING VIRGINIA REEL.

NOVEMBER 21

9-12 GRADES

REVIEW WORK OF NOVEMBER 20 AND MORE WORK ON CHEST PASSES AND SHOTS.

7-8 GRADES

COMPLETE TEACHING VIRGINIA REEL

NOVEMBER 27

9-12 GRADES

REVIEW BASKETBALL PASSES

DIVIDE CLASS INTO GROUPS OF 6 AND PLAY SHORT BASKETBALL GAMES.

7-8 GRADES

REVIEW VIRGINIA REEL. BEGIN TEACHING "LITTLE MAN IN A FIX."

NOVEMBER 28

9-12 GRADES

REVIEW SHOTS ALREADY LEARNED

PLAY SHORT GAMES WITH 6 ONA TEAM.

7-8

REVIEW VIRGINIA REEL

CONTINUE WORK ON LITTLE MAN IN A FIX.

DECEMBER 4

9-12 GRADES

TEACH TWO-HAND OVERHEAD PASS, ONE-HAND OVERHEAD PASS.

PLAY SHORT GAMES.

7-8 GRADES

COMPLETE LITTLE MAN IN A FIX.

DECEMBER 5

9-12 GRADES

REVIEW PASSES.

PLAY SHORT GAMES.

7-8 GRADES

REVIEW LITTLE MAN IN A FIX

TEACH "NORWEGIAN MOUNTAIN DANCE".

DECEMBER 11

REVIEW PASSES.

TEACH HOOK PASS.

PLAY SHORT GAMES.

7-8

TEACH WALTZING

DECEMBER 12

9-12

REVIEW HOOK PASS. TEACH AND PRACTICE HOOK SHOT.

PLAY SHORT GAMES.

DECEMBER 15

MIXED CLASSES WERE HELD AND DANCING WAS ATTEMPTED BUT WAS NOT ~~VERY~~ SUCCESSFUL SO

MIXED VOLLEYBALL WILL BE TRIED LATER.

DECEMBER 18

9-12

PLAY SHORT BASKETBALL GAMES.

REVIEW HOOK SHOT.

7-8

TEACH MORE WALTZING

REVIEW ALL DANCES ALREADY LEARNED

DECEMBER 19

9-12

PLAY SHORT GAMES DURING ENTIRE PERIOD.

7-8

TEACH TANTOLI.

DECEMBER 22

PLAY MIXED VOLLEYBALL.

HEALTH PROGRAM

NOVEMBER 27 THE 7TH AND 8TH GRADE CLASSES WERE ASSIGNED TO READ UNIT 7 IN "HEALTH IN A POWER AGE" BY CHARTERS, SMILEY, STRANG. THE 9TH AND 10TH GRADE CLASSES WERE ASSIGNED CHAPTER 21 IN "BEING ALIVE" BY BROWNELL, WILLIAMS, AND HUGHES. THEY WERE TOLD TO TAKE NOTES FROM THESE CHAPTERS AND THEY WERE TO BE PUT IN A NOTE BOOK FORM. AFTER SEVERAL SESSIONS OF CLASS, IT WAS NOTICED THAT THEY WERE MERELY COPYING THE BOOK DOWN SO ONE PERIOD WAS SPENT IN TEACHING THE STUDENTS TO OUTLINE.

DECEMBER 11. THE STUDENTS WERE TOLD HOW TO TAKE NOTES FROM LECTURE AND ONE PERIOD WAS SPENT ON THIS EXPLANATION. THEN A LECTURE WAS GIVEN ON SOME OF THE COMMUNICABLE DISEASES.

DECEMBER 18. A DIFFERENT PLAN OF ATTACHING HEALTH WAS BEGUN AS THE CLASSES WERE TO LARGE TO HANDLE IN THE FIRST PLANNED METHOD. THE STUDENTS WERE TOLD THAT THEY WERE TO DO PROJECTS OF THEIR OWN CHOOSINGS. THIS WOULD BE WORK WHICH WOULD BE GIVEN TO THE CLASS IN FORMS OF DEMONSTRATIONS, PLAYS AND REPORTS. EACH STUDENT WOULD BE THE JUDGE AS TO HOW MANY SUCH PROJECTS HE WOULD DO AND KEEP HIS OWN RECORD. WHEN A PROJECT WAS ABLE TO BE PRESENTED TO THE CLASS, IT WOULD BE CHECKED OFF. THE FIRST UNIT WOULD BE DISEASE. OCCASSIONAL LECTURES WILL BE GIVEN AND STUDENTS WILL BE ALLOTE TIME DURING CLASS TO DO THEIR WORK.

11TH AND 12 GRADES

NOVEMBER 27-28

LECTURE AND DISCUSSION ON ASTRINGENTS AND CREAMS.

DECEMBER 4-5

A MANICURE DEMONSTRATION BY STUDENTS

LECTURE AND DISCUSSION ON PERSPIRATION, AND HAIR REMOVERS.

DECEMBER 11-12

LECTURE ON HAIR DYES, SHAMPOOS AND SOAP.

DECEMBER 18

SAME METHOD OF PROJECTS WILL BE USED AS IN THE 7-10 GRADES. THE SUBJECT WILL BE COSMETICS OR PERSONA GROOMING. LECTURES WILL BE FREQUENT.

OTHER ACTIVITIES

BOOSTER CLUB SPONSERED A PEP RALLY GIVEN ON DECEMBER 8TH. IT WAS OPEN TO THE ENTIRE SCHOOL.

AN INTRAMURAL PROGRAM IS UNDER THE WAY FOR BOTH JUNIOR AND SENIOR HIGH. THERE ARE FOUR TEAMS IN THE SENIOR HIGH AND 8 IN THE JUNIOR.

GIRL'S PHYSICAL EDUCATION
AND HEALTH REPORT

JANUARY 2-4

7-8 GRADES

STUDENTS WORKED ON PROJECTS IN HEALTH. IN P.E. ALL THE DANCES ALREADY LEARNED WERE REVIEWED AND WORK WAS DONE ON WALTZYNG. "ACE FO DEAMONDS" WAS TAUGHT WITH WORK DONE ON THE POLKA STEP.

9-12 GRADES

JANUARY 5

MIXED VOLLEYBALL WAS PLAYED AND SEEMED TO BE QUIT SUCCESSFUL. THE BOYS WERE A LITTLE DIFFICULT TO GET ON THE FLOOR BUT AFTER ONCE PLAYING THEY SEEMED TO ENJOY ITL

JANUARY 8-11

7-8 GRADES

STUDENTS PRESENTED PROJECTS THEY HAD WORKED ON. IN THIS AGE LEVEL THEY DID NOT SEEM TO BE TOO SUCCESSFUL SO MATERIAL HAD TO BE CAREFULLY TAKEN APART AND THOROUGHLY DISCUSSED SO THAT SOME BENEFIT WAS DERIVED FROM THE PROJECTS. PUPILS WERE INSTRUCTED TO TAKE NOTES AND SHOWN HOW TO TAKE NOTES FROM THE PROJECT MATERIAL GIVEN THEM.

IN P.E. THE "ACE OF DIAMONDS" WAS REVIEWED WITH CONTINUED WORK DONE ON THE POLKA STEP. THE FIRST STEPS OF THE "IRISH LILT" WERE TAUGHT.

9-12 GRADES

STUDENTS PRESENTED VARIOUS DEMONSTRATIONS AND SKITS. THE MATERIAL AFTER EACH DEMONSTRATION WAS THOROUGHLY DISCUSSED. IN THIS AGE LEVEL THE DEMONSTRATIONS WENT VERY WELL. THE STUDENTS DID MUCH WORK TO OBTAIN NEW IDEAS FOR THEIR DEMONSTRATIONS AND SEEMED TO BENEFIT FROM THE WORK.

IN P.E. DIRLLS FOR SHOTTING BASKETS WERE GIVEN. SHORT GAMES OF BASKETBALL WERE PLAYED.

JANUARY 15-19

7-8 GRADES

STUDENTS COMPLETED THE "IRISH LILT". WORK WAS DONE ON THE POLKA STEP IN VARIOUS FORMATIONS.

IN HEALTH WORK WAS CONTINUED ON PROJECTS.

9-12 GRADES

VAROIOUS DRILLS WERE GIVEN FOR SHOOTING BASKETS AND PASSING. SHORT GAMES

OF BASKETBALL WERE PLAYED. SOME OF THE STUDENTS WERE GIVEN THE RESPONSIBILITY OF REFERRING.

JANUARY 23-25

7-8 GRADES

THE FOX TROT WAS TAUGHT TO THE STUDENTS. COMBINATIONS OF BOX TROT STEPS WERE ALSO TAUGHT.

IN HEALTH WORK ON PROJECTS WAS CONTINUED. TESTS IN HEALTH WERE GIVEN.

9-12 GRADES

BASKETBALL TOURNAMENTS WERE PLAYED IN EACH CLASS BETWEEN SQUADS. IN HEALTH WORK WAS COMPLETED ON PROJECTS. TESTS WERE GIVEN.

JANUARY 29-31

FEBRUARY 1-2

7-8 GRADES

IN P.E. SINCE THE MUSICIANS WERE UNABLE TO PLAY IT WAS IMPOSSIBLE TO TEACH DANCE SO VOLLEYBALL WAS PLAYED

IN HEALTH THE STUDENTS WORKED ON NOTEBOOKS WHICH WERE TO BE HANDED IN THE FOLLOWING WEEEK. THE NOTEBOOKS WERE TO CONTAIN NOTES AND MATERIAL THEY HAD COLLECTED FROM THE PREVIOUS DEMONSTRATIONS.

9-12 GRADES

IN P.E. THE STUDENTS PLAYED SHORT GAMES OF BASKETBALL. IN HEALTH THE STUDENTS BEGAN READING STEP BY STEP IN SEX EDUCATION BY DR. EDITH HALE SWIFT. THE BOOK IS TO BE COMPLETELY READ BEFORE ANY DISCUSSION OF IT WILL TAKE PLACE. THE GIRLS SEEMED TO LIKE THE BOOK VERY MUCH AND WERE EXTREMELY INTERESTED IN IT.

FEBRUARY 5-9

7-8 GRADES

IN P.E. VOLLEYBALL WAS PLAYED. VARIOUS TECHNIQUES WERE TAUGHT AS THE NEEDS AROSE. AFTER OBSERVATION TO FIND THE STUDENTS GREATEST WEKNESS IN THE GAME, THE TECHNIZUE MOST NEEDED TO IMPROVE THEIR GAMES IS WORKED ON. IN HEALTH THE NOTE BOOKS WERE COMPLETED AND HANDED IN.

A LECTURE WAS GIVEN EXPLAINING FEMALE REPRODUCTIVE ORGANS AND MENSTRUATION.

9-12 GRADES

BASKETBALL IS PLAYED.

IN HEALTH THE STUDENTS CONTINUE TO READ THE SEX EDUCATION BOOKS.

FEBRUARY 12-16

2-8 GRADES

IN ONE CLASS A MUSICIAN WAS OBTAINED SO THE FOXTROT STEP AND FOX TROT BOX WERE TAUGHT.

VOLLEY BALL WAS PLAYED IN THE OTHER CLASS.

IN HEALTH DO'S AND DON'TS WHILE MENSTRUATING WERE EXPLAINED. QUESTION BOX WAS ESTABLISHED AND EACH DAY THE QUESTIONS PUT INTO THE BOX SHALL BE ANSWERED. THE AIM IS TO TEACH ALONG THE LINES IN WHICH THE CHILDREN'S GREATEST POINT OF INTEREST LIES. THE STUDENTS ARE ACTUALLY PLANNING THEIR COURSE OF STUDY BY THEIR QUESTIONS.

THE DEVELOPMENT OF THE BABY WAS EXPLAINED AND PICTURES WERE SHOWN TO THE CLASS.

9-12 GRADES

BASKETBALL GAMES WERE PLAYED.

IN HEALTH THE FEMALE REPRODUCTIVE ORGANS AND MENSTRUAL CYCLE, WERE EXPLAINED.

FEBRUARY 19-23

7-8 GRADES

IN HEALTH MALE REPRODUCTIVE ORGANS, DEVELOPMENT OF SPERM AND FERTILIZATION OF EGGS WERE EXPLAINED.

VOLLEYBALL WAS PLAYED IN P.E.

^{9-12 grades}
~~9-12 GRADES~~ ^{STUDENTS} WROTE PAPERS GIVING OPINIONS OF THE BOOKS THEY HAD READ.

THE REPRODUCTIVE ORGANS OF MALE WERE EXPLAINED.

FEBRUARY 26-28

MARCH 1-2

7-8 GRADES

IN HEALTH QUESTIONS WERE ANSWERED WHICH HAD BEEN PUT INTO QUESTION BOX.

VOLLEYBALL WAS PLAYED IN P.E.

9-12 GRADES

IN HEALTH DEVELOPMENT OF SPERM AND FERTILIZATION OF EGG WERE EXPLAINED.

QUESTIONS IN THE QUESTION BOX WERE ANSWERED.

VOLLEYBALL WAS PLAYED IN P.E.

OUTSIDE OF CLASS ACTIVITIES

JUNIOR HIGH BASKETBALL AND VOLLEYBALL TOURNAMENTS WERE ^APLAYED. ¹⁰SIX TEAMS PARTICIPATED IN THESE TOURNAMENTS. THESE GAMES WERE PLAYED AT 8:00 O'CLOCK IN THE MORNING ON WEEK DAYS.

G.A.A. BASKETBALL TOURNAMENT WAS PLAYED ON SATURDAY AFTERNOONS. FOUR TEAMS PARTICIPATED IN THIS TOURNAMENT.

A VOLLEYBALL TOURNAMENT WILL BE PLAYED OF NEXT.

THE BOOSTER CLUB SPONSORED A REFRESHMENT BOOTH AT A DANCE HELD IN THE GYMNASIUM MARCH 2.

Marguerite Loepker

GIRLS' PHYSICAL EDUCATION MONTHLY REPORT

March 5-9

7th and 8th Grades

Health-

Questions which students had handed in were answered. This led to very interesting discussions and students were then allowed to hand in more questions. Articles of interest from pamphlets and books were read to the students.

Physical Education-

The fox trot step, fox trot box were taught. Work began on magic step.

9th - 12th Grades

Health-

Discussions were held as a result of questions which had been handed in. Some topics not clearly understood were discussed and explained further.

Physical Education-

In one class in which we have a pianist, dance steps were taught; they were fox trot box, and fox trot step. In the other classes volleyball was played.

March 12-16

7th and 8th Grades

9th - 12th Grades

Health-

The students worked on class notes which were to be handed in the following week.

Physical Education-

7th and 8th Grades

In one class we had no ~~more~~ music so volleyball was played. The students were taught to volley and practiced it in circles. Then over the net. In the other class the magic step was completed, and work began on the pivot.

9th - 12th Grades

In the dance class the magic step was taught and various combinations practiced. In the other classes volleyball was played.

March 19- April 27

Health-

Notes were due the week of March 19-23. In some classes tests were given. The week of March 26th to 29th was also devoted to testing. The health program has been completed and no more health classes will be held. The barrack room will be used and the same class schedule for use of the gymnasium will be convied out. Softball will be taught on days when the barrack will be used. On rainy days rules will be

discussed on things discussed which appear to be necessary to carry out the physical education program.

Physical Education-
9th - 12th Grades

In the dance class, the pivot was taught. Various combinations of the steps already banned was taught. One week later everyone was to be prepared to present these new steps made up from these combinations. The steps are presented to the class, broken down, everyone is then taught the new step.

During the week of April 9 to 13 the following steps were taught; hesitations, backward dip, waltz box, waltz magic. With these new steps the class was able to increase range of new combinations. Later on recorded music will be played and free dancing will be permitted. Students will be encouraged to use steps banned and try to make up new ones. In other classes volleyball was played. In some more advanced classes round-vollin tournaments were set up. Classes were taught various techniques which were deemed necessary for the individual class. After April 3, where part of the classes played outside because of teaching no more health, softball was played.

Some of the classes constructed 3 diamonds be burying bricks for bases. The students did the work of measuring, digging holes and burying the brick. The following techniques were taught;

throwing and catching,
shoulder high balls,
catching grounders and flies.

On rainy days rules were given and discussed.

7th and 8th Grades

The students were taught the pivot. New combinations of steps were presented. The students then made up their own compositions and presented them to the class. The entire class then learned the steps. Softball was handled the same as in the 9-12 grades.

Future Plans:

Dance:

In dancing recorded music shall be used quite frequently. New steps shall also be taught so as to increase the types of dancing the students will know. Some South American dancing shall be included.

Softball:

Various practicing shall be done on techniques. Referring shall also be taught so students can run entire game. Rules will thoroughly banned and testing done on them. Tournaments shall be run off at the end of the season.

Volleyball:

Various techniques shall be practiced.
Tournaments run off.

Out-of school Activities

- March 15- Booster club presented Pep Assembly.
March 16- Booster club presented a drill at the basketball game.
April 28- Booster club meeting held.

MONTHLY REPORT
GIRL'S P. E.

M. Loeffler

APRIL 30 - JUNE 6

ALL CLASSES WERE TAUGHT BASEBALL. RULE BOOKS WERE MADE ON DAYS THAT THE CLASSES HAD TO BE HELD INDOORS. BASEBALL RULES WERE DISCUSSED AND EXPLAINED. STUDENTS WERE ALSO TOLD HOW TO UMPIRE GAMES AND THIS WAS THEN PUT INTO PRACTICE BY HAVING SQUAD LEADERS APPOINT UMPIRES EVERY DAY. THESE VARIOUS TECHNIQUES WERE LEARNED AND PRACTICED. CATCHING AND THROWING VARIOUS TYPES OF BALL, PITCHING, AND BATTING.

IN DANCE IN THE 7 TH AND 8 TH GRADES, THE HESITATION AND BACKWARD DIP WERE TAUGHT. PUPILS CONTINUES TO MAKE UP ORIGINAL STEPS AND PRESENT THEM TO THE CLASS. RECORDS WERE PLAYED FOR CLASS SEVERAL DAYS.

IN DANCE IN THE 11 TH AND 12 TH GRADES, THE GRAPVINE AND SEVERAL WALTZ STEPS WERE TAUGHT. ORIGINAL STEPS WERE MADE UP, PRESENTED TO CLASS AND TAUGHT TO ENTIRE CLASS. RECORDS WERE PLAYED SEVERAL DAYS.

IN CLASSES IN WHICH VOLLEYBALL WAS PLAYED, TOURNAMENTS WERE PLAYED OFF.

THE LAST WEEK OF SCHOOL STUDENTS HANDED IN RULE BOOK AND TESTS WERE GIVEN TO COVER THESE RULES.

EXTRA - ACTIVITIES

BOOSTER CLUB PRESENTED DANCE ON MAY 26 TH. IT WAS ON ALL SCHOOL DANCE.

[1943]

REPORT OF HEALTH AND
PHYSICAL EDUCATION DEPT. (GIRLS)

March 15--April 1

The distribution of age groups in the Physical Education Department is working out very well. Following the suggestion of two health lessons a week, Mr. Kahler and I were able to work out a schedule alternating our health classes so we could each have the use of the courts. This has made it possible to develop a better spirit in the classes. Teams are chosen with two teams from each class with a Capt. for example, 9³--9⁵ have Physical Education together. Two Capts. are chosen from each section. They choose their teams. They play a round robin in the Physical Education period. Teams and scores are posted. Interest and student leadership have increased accordingly. After three weeks, new Capts. are selected and teams re-grouped.

The health classes are doing much better too. Two days give a chance to carry out a program that holds the

pupil's interest. Except for the difficulties of arranging the 8th period the new schedule works very well. Since lengthening the afternoon periods to use the time set aside for 8th period it has been difficult to play for a full hour. In a normal program it would be fine where there are rooms for dressing and showers.

Attached is a copy of the program as it is now operating.

Respectfully submitted,
Freda L. Mahony
Sachiko Sakakura

	1	2	3	4	5	6	7	8
M O N.	Girls Health 9 ³ -9 ⁵	Boys Health 9 ² -9 ⁴	Girls Health 8 ² -8 ³ Boys Health	7'	Girls Health 8 ⁴ -9'	Boys H. 7 ² -7 ⁴	G. H. 7 ³ -8'	
T U E S.	G. H. 9 ³ -9 ⁵	B. H. 9 ² -9 ⁴	G. H. 8 ² -8 ³ Boys H.	7'	G. H. 8 ⁴ -9'	B. H. 7 ² -7 ⁴	G. H. 7 ³ -8'	
W E D.	B. H. 9 ³ -9 ⁵	G. H. 9 ² -9 ⁴	8 ²	8 ³	B. H. 8 ⁴ -9'	G. H. 7 ² -7 ⁴	B. H. 7 ³ -8'	
T H U R S.	9 ⁵	G. H. 9 ² -9 ⁴	8 ² -9 ³	8 ³	B. H. 8 ⁴ -9'	G. H. 7 ² -7 ⁴	B. H. 7 ³ -8'	
F R I.	9 ³ -9 ⁵	9 ² -9 ⁴	8 ² -8 ³	7'	8 ⁴ -9'	7 ³ -8'	7 ² -7 ⁴	

[1943?]

REPORT FOR APRIL 1--15

HEALTH AND PHYSICAL EDUCATION

We are continuing the Health lessons twice a week and feel that we are making real progress this quarter. In the seventh grade in Growing Up Healthily we finished Unit II, Nutrition and are now finishing Unit III, Minerals in Foods. For activities we finished the round-robins in basketball and volley-ball and are starting soft-ball. We are preparing skill tests for all classes in soft-ball. The eight grade sections finished Unit I in A Sound Body and are now on Unit II. At the beginning of this semester when classes were rearranged we started using the 8th grade book as they were in mixed classes before. The activity program is the same as described above. The 9th grade sections finished Unit II in Health In A Power Age. We are now finishing Unit VI. The 9th sections are making the best progress and show the most interest in the health program. We have a question box on the desk for personal problems to be opened at some future date. The activity program is the same as in 7th and 8th grades.

Beginning Friday April 16 we are taking all classes to 9L Rec. Hall to try it out. The records for rhythm and square dances are here. The next report will show what response we get from the different classes.

Respectfully submitted,

Irada L. Mahony.

Suchiko Sakakura

Report Health and Physical Education Dept.
(Girls)

April 15 to May 1, 1943.

Soft-ball is well under way in all classes. The 9-2--9-4 and 9-3 ---9-5 groups are very interested and play good ball. The interest in the other classes is mixed. Most of the seventh grades still prefer volley-ball. Some records came for the record player so we have started to use 9L Rec. Hall on Fridays for dancing. With health two days, sports two days and Friday for dancing we are able to hold their interest better with a more varied program.

Miss Sakakura and I have prepared a skill testing chart for each class. We will use it for the period of May 1-May 15. In health we'll weigh and measure each class again. We have the records for the last two months.

The wind and dust have made it necessary to stay in more during this two weeks period but we've had some interesting talks on camp problems, with spring they are restless and want excitement. Dating is a favorite topic, too. This, of course, in 9th and 8th grades.

Respectfully submitted,

Freda L. Mahony
Sachiko Sakakura

Report
Girls P. E. + Health
May 1 to 15, 1943.

The most important event in the two weeks was the move to 92 Recreation hall. Except on bad days, it has been much better and the girls like it.

With the program change to longer periods we revised our schedule. Instead of Health 2 periods a week as before, we have Health the first 20 minutes of each class period Mon. thru Thurs. followed by activity. This holds their interest much better as the time between the lessons was bad as they'd forget from one week to the next. We've discussed insect bites, snake + sunburn.

Even with the bad weather, we've been able to keep the girls busy. Some of the girls are particularly interested in tumbling, others dancing. Baseball, basket ball + volley. ball still hold the interest of some.

Respectfully submitted

Sachi Sakakima
Freda K. Mahony

Physical Education
Health ^{or} for Girls
Report from May 15 to June 1, 1943.

With bad weather the activity program was curtailed considerably, so the activity time was spent in dancing for those interested tumbling and games. With the return of good weather all classes have been playing outdoor games, mostly soft ball and some volley-ball, a few have been practicing a little tennis with the few rackets we have, 4 in all.

The health lessons have been on the practical side, discussions of problems immediately concerning the camp, namely, insect bites, snakes, effects of the sun, treatment and prevention etc.

The plan for the next two weeks will be skill test of various types to test ability in the activity program and in the health to continue with discussions of problems that are of general interest going from accidents into such diseases as tuberculosis, heart etc.

Respectfully submitted,
Frida L. Mahony
Sachiko Sakakura

Mrs. Mahony
Miss Sakakura
1943

Report of the
Health and Physical Education
for Girls--
June 1-15

In health we took up problems of First Aid that might happen in camp, such as insect bites, snake, sunburn, sun-stroke etc. We also stressed the prevention, care and symptoms of communicable diseases, especially common ones such as measles, chicken pox, mumps etc. The last week has been a general review in preparation for the test. Attached is a sample of the Health Test Mr. Kahler and I prepared to be given to all three levels, 7, 8 and 9.

The activity program has been given over largely to skill testing in volley-ball, basket-ball and base-ball. Each girl is being scored on ability. The grade card this time in Physical Education and Health has been changed to better suit our needs. With the approval of Mr. Walther, Mr. Kahler and I have had the back of the grade card fixed to indicate Health Habits and Activity report. The regular card will be used to indicate the Health grade only.

On Fridays only now we use the record player for dancing for those who are interested.

The last 2 weeks we will finish the Skill Testing. Admini-
ster the Health Test, and weigh and measure the girls again.
In grading the Activities and Health Habits we will score
each girl in conference with her.

Respectfully submitted,

Freda L. Mahoney
Sachiko Sakakura

SUMMARY OF GIRLS' PHYSICAL EDUCATION FOR
THE QUARTER BEGINNING OCT. 12, 1942
ENDING DECEMBER 12, 1942

I. Class enrollment

Period I--62
" II--35
" III--51
" IV--27 Total 263
" V--56
" VI--32

II. Time allotment--five periods a week
A. 55 Minute periods

III. Teaching staff--1 instructor and 2 assistant
teachers

IV. Facilities

A. Classroom

1. Oct. 12 to Nov. 23--room 6A was used
 - a. Approximate size--20' x 14'
2. Since Nov. 23--8C R. has served
as a classroom
 - a. Approximate size--20' x 30'

B. Play areas

1. 3 volleyball courts--shared with
the Jr. High Girls.
2. Play fields for speedball, soccer, etc.
variable as to:
 - a. Size
 - b. Location
 - c. Surface

C. Equipment--(borrowed from Recreation Dept.)

1. 3 volleyballs
2. 3 volleyball nets
3. 2 soccer balls

V. Program of activities

A. Speedball

1. Play area unsatisfactory for successful
program in this activity.
 - a. Uneven, rough surface (cactus
yucca roots) conducive to injuries.

B. Volleyball

1. head-up games and skills
2. Testing--rules
3. Practice games
4. Tournament completed within each class--challenge games still in progress.
5. Interclass tournament to be scheduled for Saturdays.

C. Miscellaneous

1. Activities requiring little or no equipment and suitable to brief playing period out of doors in inclement weather. (warm-up activities)
 - a. Broncho dodgeball
 - b. Norwegian baseball
 - c. Tag and relay games
 - d. Sledding and snow games

D. Health Instruction

1. Limited to discussions of camp environment and health problems involved.
 - a. Use of washroom and toilet facilities
2. Health practices
 - a. Removal of coats in classroom

E. Indoor activities--recreational and social

1. Table games--checkers, etc.

VI. Textbooks

- A. 50--"Being Alive--Human Structure and Function"
50--"Health Problems --How to Solve Them"
by Brownell, Williams, Huges--Am. Book Co.
1942
(These books were received Dec. 11 and have not been used in class health work)

VII. Administrative goals

- A. Adequate equipment and facilities for every activity
- B. Physical Education on equal academic level with other subjects.
- C. Students of like abilities and grade levels in one class.

VIII. Special activities of teacher

- A. Senior Class Party

HEALTH INSTRUCTION

The purpose of this instruction in the Amache Senior High School should be to provide a functional health course which will train high school girls to meet intelligently the present problems of everyday living in its physical, mental, and social phases.

The development of the right health habits and attitudes is in direct competition with:

1. Home influence - racial characteristics and living conditions
2. School environment - crowded rooms, poor ventilation, improper heat distribution, etc.
3. Mess halls and problems of nutrition - balanced diet, largely starches.

Aims of Health Education:

1. A reading and speaking vocabulary relative to the various phases of health.
2. An appreciation for the need of higher standards of health in all of its aspects - racial, personal, home, community, mental and emotional, and social health.
3. Development of a discriminatory sense in the choice and evaluation of certain materials, practices, and activities.

Teaching Schedule:

Health classes to be held on Tuesdays and Thursdays, beginning December 28, 1942.

Textbook to be Used:

"Health Problems" by Brownell, Williams, Hughes, 1942,
American Book Company

Problems for study must be based on the life needs in the Center: - i.e. -

1. Physical -

- a. What types of clothing shall I wear with the varying conditions of temperature and humidity?

2. Mental -

- a. How can I control strong undesirable emotions such as fear, anger, and worry?

3. Social -

- a. What responsibility should I assume for maintenance of proper sanitary conditions?

The Units to be Considered:

1. The Clothing Problem
2. The Bathing Problem
3. Warding Off Infections (considering the cold problem especially)
4. Adjustment to Daily Routine (budgeting time and energy - a daily schedule of work, play, rest, and sleep)
5. Correct Posture - Its Importance and Maintenance
6. Mental Hygiene (use of stimulants, narcotics, patent medicines, etc.)
7. Competing With the Beauty Shop (care of hair, skin, nails, etc.)
8. Health Fads (dissemination of accurate information concerning health activities - foods, laxatives, dentifrices, soaps, etc.)
9. Exercise - its value
10. The Special Senses
11. Safety - Prevention of Accidents
12. Personal Hygiene

OUTLINE OF ACTIVITIES FOR A GIRLS'
PHYSICAL EDUCATION PROGRAM

I. Formal Activities:

- A. Response to command - for disciplinary values
 - 1. Floorwork, drills, etc.
 - 2. Warm-up exercises

II. Natural and Creative Activities:

- A. Running, jumping, etc.
- B. Rhythms
- C. Dramatics

III. Big Muscle Activities:

- A. Games of low organization - relays, circle games, etc.
- B. Games of high organization - softball, soccer, basketball, volleyball, etc.

IV. Normalizing Activities:

- A. Physical
 - 1. Posture consciousness and correction
 - 2. Hygienic skills
 - 3. Restricted activity - sufficient variety of activities that no girl be dismissed because she is not physically fit to do things classes does.
 - 4. Physical exams and follow-up
- B. Social
 - 1. Introductions
 - 2. Good conduct
 - 3. Social problems - use of makeup, etc.

V. Related Activities:

- A. Playground
- B. Hygiene
- C. Physiology
- D. Nutrition
- E. Safety Education

VI. Self Testing Activities:

- A. Tumbling and stunts
- B. Gymnastics and apparatus work

VII. Social Service:

- A. Student leadership
- B. Social recreation (i.e., Unit - 6 to 8 weeks - 1 day per week and after school - - plan parties, games, refreshments, etc.
- C. Clubs

VIII. Co-Recreation:

- A. Games of low organization - relays, tag games, etc.
- B. Team Games - volleyball, softball, aerial darts
- C. Individual and dual games - table tennis, deck tennis
- D. Rhythms - ground marching, folk dances, social, tap, and American Country Dancing
- E. Party games (social)

IX. Guidance

- X. Correlation with other subjects - arts, crafts (posters, game equipment, etc.)

GIRLS' PHYSICAL EDUCATION - AMACHE SENIOR HIGH SCHOOL
GRANADA RELOCATION CENTER
1942 - '43

The aims of this program may be briefly stated:

1. Educational
2. Hygienic
3. Social
4. Recreational

To present activities which will enrich pupil's experience in physical activities suitable for recreation - in so far as possible these should be big muscle activities.

To offer physical activities to promote organic vigor, provide recreation and aid in the individuals adjustment to the social world. The ability to get along with others, in an adult world calls for years of practice in youth.

To give functional health instruction.

Basis for Physical Education Program:

Seasonal activities with alternate plans for indoors and out of doors. In general, the indoor program should supplement the other with drills in fundamentals, skills, etc.

Fall - September to December . . . Outdoor program
Winter - December to March . . . Indoor program
Spring - March to June Outdoor program

Winter Program - 1942-43

- I. Team games (major seasonal sports)
Basketball
- II. Lead up games - Captain Ball, End Basketball,
Nine Court Basketball, Half Court Basketball
- III. Technique Practice - relays for passing skills -
basket shooting, guarding, etc.
- IV. Recreational and Social - table games - winter sport
activities (snow and ice games)
- V. Rhythm - social and folk dancing
- VI. Individual activities - correctives
- VII. Health classes

Spring Program - 1943

- I. Team games
 - Softball
 - Volleyball
- II. Lead up games
- III. Skills (technique practice) - catching, pitching, batting,
fielding, base running
- IV. Recreational games - tennis type games (hand tennis, tether
ball, paddle tennis) aerial darts, pateca,
horseshoe, badminton
- V. Self testing activities - tumbling, track and field for form
with jumping eliminated

REPORT FOR SECOND QUARTER

Dec. 12, 1942 - Feb. 19, 1943

Girls' Health and Physical Education

Amache Senior High School

Josephine Korsoski

REPORT FOR SECOND QUARTER

Girls' Health and Physical Education

Dec. 12, 1942 - Feb. 19, 1943

Amache Senior High School

I. Class enrollments:

Period I	-	59
II	-	38
III	-	51
IV	-	24
V	-	50
VI	-	43
Total		<u>265</u>

II. Time allotment: 5 minute periods 5 days per week.

III. Teaching staff: 1 teacher and 2 assistants.

IV. Facilities:

- 1 - Classroom - 8G Rec Hall
- 1 - Outdoor basketball court
- 1 - Gymnasium - located in Granada. Its uses restricted to Saturday afternoons from 1:00 P.M. to 4:30 P.M.
- 1 - General play area

V. Athletic equipment:

- 2 - Basketballs (1 indoor ball and 1 outdoor ball)
- 3 - Volleyballs
- 2 - Nets (shared with the Junior High School)
- 2 - Soccer balls

VI. Physical Education Activity Program

- 1. Seasonal sport - Basketball
(Technique practice - handling the ball, catching, passing, bouncing, shooting, guarding, etc.)
Scrimmage, Half Court Basketball
Intramural tournament for beginning and advanced groups is still to be played.

2. Volleyball - an elective activity.
3. Short (supervised) hikes - an elective activity on a few occasions.
4. Square dancing - an attempt was made to initiate this activity during one week in Terry Hall. The physical conditions were unsatisfactory (too much dust from poorly swept floors - source of music was inadequate)

VII. Health Instruction

1. Height and weight checked and recorded for each girl.
2. December 28 - General introduction to the course.
Jan. 4-8 - Chapter 1 of "Health Problems" by Brownell, Williams, Hughes. Introductory reading.
Jan. 11-15 - Discussion on "Winter in Amache" (How to dress properly, care of frostbite, chilbains, etc.)
Jan. 25-29 - Survey of conditions. Advantages and disadvantages to healthful practices - based on Chapter 1 of "Health Problems" (Hygiene of the environment).
Feb. 8-19 - Study and discussion of Problem 1 - Taking an Inventory to Discover the Essential Elements of Attractiveness.

VIII. Other activities carried on in Physical Education classes:

- Feb. 1 through Feb. 8 - Achievement Testing Program
Feb. 15 through Feb. 18 - Registration for 2nd Semester

IX. Textbooks used:

- "Health Problems" by Williams, Brownell, Hughes (with exception of 1st chapter this book was used as a reference book.)
"Being Alive" by Williams, Brownell, Hughes (used only as a reference book.)

Each class is building its own workbook - textbook as it considers the units outlined for the year's health course.

X. Special Activities of Teacher:

- Guidance Committee - I. Q. Testing Program
Basketball - Granada on Saturday afternoons
3 games - girls' varsity basketball at Granada.

COURSE OF STUDY

Second Semester - February 24 to June 25, 1943

Girls' Health and Physical Education

- I. The purpose of this program is to carry on as wide a variety of activities as facilities will permit, which are in line with the aims of the Physical Fitness program of the High School Victory Corps.
- II. The organization of this program to be on a 3-2 basis. Three days of Physical Education activities and two days of health instruction.
- III. Program content:
 1. Orientation
 2. Completion of Basketball, as a seasonal sport with an intramural tournament in March -- a beginners' and advanced players' bracket.
 3. A continuation of health instruction (based on a year's plan).

Units to be considered:

 - The Cold Problem
 - The Bathing Problem
 - Care of Skin, hair, etc.
 - The Clothing Problem
 - Care of Special sense organs
 - Rest and Sleep
 - Food - Nutrition - Diet
 - Oral and Dental Hygiene
 - Personal Hygiene
 - Safety Education
 - Contagious diseases
 - Posture - Care of feet, etc.
 4. Team Games:
 - (a) Softball - major sport of spring season
 - (b) Volleyball (an activity for which we have the equipment)
 5. Recreational games: (as wide a variety of games as possible should be offered)
 - (a) Tennis type games (Tetter ball, Paddle tennis, Badminton)
 - (b) Horseshoes
 - (c) Ping Pong (if facilities can be made available)
 6. Self Testing Activities: Tumbling, stunts, track and field (limited).
 7. Tactics - response to command for disciplinary values and to expedite handling of classes in the gymnasium.
 8. Rhythms -
 9. Correctives - (when facilities are available)

Posture tests, etc.

Girls' Physical Education Report

March - June 1943

Josephine Korsoski

I. Enrollment:

The enrollment in Girls' Physical Education at the beginning of the second semester is as follows:

<u>Period</u>		As of June 15 - 23 students have been dropped from the roll:
I	- 38	
II	- 43	1. Students Relocating with Families
III	- 36	2. Students on Work Projects -- (Commercial students)
IV	- 35	3. Withdrawals due to transfers to other Camps.
V	- 58	
VI	- 24	
<u>Total</u>	<u>244</u>	

<u>Period</u>	
I	- 37
II	- 39
III	- 35
IV	- 34
V	- 48
VI	- 27
<u>Total</u>	<u>221</u>

II. Work Covered:

A. Sport Activity -- Softball

1. A set of softball skill tests was given to each girl prior to the formation of teams for an intraclass tournament. This test was composed of:

- a. Throwing from home to second base
- b. Batting test
- c. Pitching test
- d. Catching - Flies and Ground Balls
- e. Running bases for speed
- f. Throwing for distance

These tests were used to classify girls for basic skills practice.

2. Double Round Robin Tournament -- Each team played every other team twice.

Period I	- 3 teams	First round games - 7 innings
II	- 4 "	Second " " - No. of full
III	- 3 "	innings played in one period
IV	- 3 "	
V	- 4 "	
VI	- 3 "	

3. Weight Record - Each girl was weighed and her weight was recorded during first week of each month.

C. Health Instruction

1. Units covered:

IV - Alcohol, tobacco, narcotics, stimulants	4 periods
V - Oral Hygiene	6-8 "
VI - Mental Hygiene - Attitudes, etc.	3 "

2. Final test given over all units studied during semester
3. Classes scheduled for two days a week (Wed. and Thurs.)
4. Organization of classes into squads:

Period I	-	5 squads
II	-	5 "
III	-	4 "
IV	-	5 "
V	-	6 "
VI	-	4 "

5. Presentation of each unit based on a plan of squad participation: In the solution of problems into which each unit of work was divided.
 - a. Problem was outlined by instructor and assigned to each group. A squad discussion leader then became responsible for guiding and coordinating the efforts of her group in solving that problem. Usually one or two class periods were allowed for squad study, discussion, etc.
 - b. Each problem was presented to the class by various methods such as panel discussion groups, reports, debates, question and answers, etc. The method of presentation was largely the responsibility of each group leader. Members of other squads were permitted to add supplementary information to the findings of the group and to question its solution to the problem.
 - c. Upon the conclusion of all squad discussions, a test was given to the class by the leaders who made up five questions over their respective problems. Each leader checked her part of the test. (Each test had to be checked by the instructor before it was given to the class.)
 - d. Squad leaders filled out squad cards on which they rated the work of each member of their squad. This card was filed with the instructor along with the leader's recommendation for the next discussion leader in her group. (Nearly all girls have had this responsibility)

e. A report on each problem was written by the leader and this has been included in a class workbook. Thus the unit is completed.

f. Each individual girl keeps whatever notes she thinks necessary.

Textbooks :

"Health Problems" and "Being Alive" by Brownell, Williams, Hughes.
(These books were used as reference books on all units except Unit VI. Chapters 8 and 9 were used as a basis for class discussion.)

III. Homeroom Report:

A. Representative

1. Frances Sasano was elected to represent the second period P.E. class. When she became vice-president of the Jr. class, she was replaced by Mieko Sotomura. Both girls were quite satisfactory.

B. Activities

1. Discussion of pertinent problems - i.e., farm problem, preparation for life work, etc.
2. Filling out of survey sheets, questionnaires, etc.

C. Suggestions

1. A separate homeroom period - not taken from class time.
2. Homeroom program having continuity, etc. -- Perhaps planned by a central committee and not left entirely up to individual teacher.

IV. Teacher Activities

A. Sponsor of Sophomore Class

1. Two or three class meetings
2. One class party - a get-acquainted dance

B. Girls' Athletic Association

1. Organization
 - a. Writing of constitution

- C. Girls' Leader Corps - Issuance of bids to outstanding P.E. students who will receive training which will qualify them to assist in P.E. classes.

V. Suggestions for next year:

- A. Homogeneous sectioning of classes according to grade classifications
- B. P.E. - an elective course for seniors who have only one semester of work to complete. -- or some plan to take care of withdrawals for work programs, senior activities, etc.
- C. Grading system with same marks as for other subjects.
- D. Health should be an integral part of school training -- healthful school living -- and a responsibility of each department -- each class -- each teacher -- not of one department or one teacher.
- E. Students with a high rating in health knowledge and good health skills should not be required to take general courses in health instruction.

24.02

Josephine Korsoski

43-4

PHYSICAL EDUCATION PROGRAM FOR HIGH SCHOOL GIRLS - Grades 9, 10, 11, 12

September 30, 1943

During the past two weeks we have followed the program of activities which included the following, as outlined in my report of Sept. 15.

I. Orientation and get-acquainted activities

II. Class organization: - sectioning of each class into grades and the division of these sections into smaller units- squads. This work was done after the final registration of Tuleans. (My pet peeve of the week - and always - is the fact that some classroom teachers think that P. E. classes are just designed to take care of the "overflow", etc.)

Class enrollment is as follows:

1 - 48
2 - 41
3 - 40
4 - 62
5 - 71
6 - 69

331

Squad leaders - upper class girls in cases where they were present in small numbers in classes made up of 9th and 10th grade girls - were appointed. Assistant leaders will be chosen as they show leadership qualities. In some cases they have already been appointed. Members of Leaders' Corps have been elected to act as squad leaders in those classes in which the upper classmen are registered.

On September 29 and 30 squad leaders met to draw up a schedule of activities for the next couple of months. An indoor and an outdoor program have been set up on a basis determined by the number of times the gym is available each week. A system of squad rotation from one activity to another is being initiated. Each leader has a copy of the program as she helped to set it up and a master copy will be posted on the bulletin board. (We would be happy to have you look it over sometime at your convenience.) The indoor activities are to be volleyball, skills practice, badminton, paddleball, paddle tennis, tether ball, and tumbling. Individual sports such as badminton, will be carried through the entire school year - as will tumbling. For our outdoor program we have scheduled volleyball, skills practice, flash ball, konano, and soccer- speedball games. Our program has been made flexible enough that other activities can be added, or substituted in both schedules.

III. Health classes of a formal nature will not be organized until the second semester. My plan for the most effective way of teaching health is based on a philosophy of "teachable moments"--i.e., some of the girls have been a bit careless in the disposal of paper towels and in the general use of the rest rooms... that's the time for a discussion of the problem.

IV. Club Activities

Twenty girls who are eligible for membership in G.A.A. met after school Friday, September 24. Initiation for these girls is being planned as soon as the ban on such activities is raised by the medical authorities.

G.A.A. sports activities will begin Saturday, October 2. Volleyball is to be the first major sport and teams are being formed by girls interested in participating. Out-of-school (community) girls are being invited to form teams and to join us in keeping with the agreement made at the joint Rec-Ed. meeting held last Saturday - September 25.

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THE QUARTER BEGINNING OCT. 12, 1942
ENDING DECEMBER 12, 1942

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" VI--32

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III. Teaching staff--1 instructor and 2 assistant
teachers

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A. Classroom

1. Oct. 12 to Nov. 23--room 6A was used
 - a. Approximate size--20' x 14'
2. Since Nov. 23--8G R. has served
as a classroom
 - a. Approximate size--20' x 30'

B. Play areas

1. 3 volleyball courts--shared with
the Jr. High Girls.
2. Play fields for speedball, soccer, etc.
variable as to:
 - a. Size
 - b. Location
 - c. Surface

C. Equipment--(borrowed from Recreation Dept.)

1. 3 volleyballs
2. 3 volleyball nets
3. 2 soccer balls

V. Program of activities

A. Speedball

1. Play area unsatisfactory for successful
program in this activity.
 - a. Uneven, rough surface (cactus
yucca roots) conducive to injuries.

B. Volleyball

1. head-up games and skills
2. Testing--rules
3. Practice games
4. Tournament completed within each class--challenge games still in progress.
5. Interclass tournament to be scheduled for Saturdays.

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D. Health Instruction

1. Limited to discussions of camp environment and health problems involved.
 - a. Use of washroom and toilet facilities
2. Health practices
 - a. Removal of coats in classroom

E. Indoor activities--recreational and social

1. Table games--checkers, etc.

VI. Textbooks

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(These books were received Dec. 11 and have not been used in class health work)

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- B. Physical Education on equal academic level with other subjects.
- C. Students of like abilities and grade levels in one class.

VIII. Special activities of teacher

- A. Senior Class Party

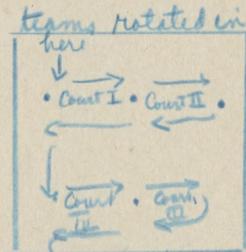
Josephine Korsoski
October 15, 1943

REPORT OF PHYSICAL EDUCATION ACTIVITIES FOR HIGH SCHOOL GIRLS
Grades 9, 10, 11, 12

- I. Indoor - Outdoor Program - October 1 - October 15
Squad Activity Scheduled - posted in gym - is being followed.
Outdoor program was modified last week by dropping volleyball and scheduling Flashball for all squads. Preliminary instructions and Pre-game activities were completed by each squad so that all were ready for field practice.
- II. General Class Activity
Friday October 8 - Warm-up exercises followed by drill on marching fundamentals.
Squad leaders worked with their groups.
Friday, October 15 - Warm-up activity
Rhythm - Virginia Reel
- III. Changes in Program
Flashball to replace volleyball on outdoor schedule.
Practice games this week - Tournament to begin November 3.
- IV. G.A.A. - Saturday afternoon - 1 p.m. to 4 p.m.
October 2 - General practice session - 100 high school girls participated and 11 out-of-school girls.

October 9 - 2nd team practice with 128 high school girls present.

In these practice sessions courts were open to teams and a system of rotation on to the four available courts was instituted so that at the end of 15 minutes sessions one team rotated out and a new one rotated into play. This made it possible for all teams to practice for a short time with all other teams.



October 16 - Round Robin Tournament began with 11 teams entered. The game schedule has been posted on the bulletin board. A short meeting of team captains was called for the purpose of discussing tournament rules, etc. Each team will play every other team - a total of 10 games. Tournament will close November 20.

REPORT OF GIRLS' P.E. PROGRAM---Grades 9, 10, 11, 12
November 1, 1943

The indoor-outdoor program of activities continued according to the schedule during this two weeks period. The general class activity for Oct. 22 was rope jumping for variations and rhythmic training. This activity was used as a part of the program designed to increase endurance.

The G.A.A. volleyball tournament games were played, as scheduled on Sat. Oct. 23.. Due to a misunderstanding and the resulting conflict the games scheduled for Oct. 30 were not played. On Wed. afternoon Oct. 27 a group of girls met to study and discuss volleyball rules in preparation for officiating at the Saturday games.

During the first week of November the monthly check was made on the weight of the girls enrolled in P.E. classes.

The testing program for the first quarter is scheduled to begin this week.

An initiation for the first group of girls eligible for G.A.A. is to be held this coming Friday-Oct. 5.

November 15, 1943

Whenever our testing program permitted the regular schedule of indoor-outdoor activities was followed. Oct. 5 was used for testing the classes on fundamentals of marching and warm-up activities. On Monday and Tuesday -Oct. 8&9, tests were given in the badminton skills. Oct. 10 & 11 were used for administering the written tests on game knowledge and rules of volleyball and flashball. It was necessary to use Friday Oct. 12. to complete the tests and to check those individuals who had missed any of the tests. The general group activity was made a "choice day" and opportunity was given for the jitterbugs to "cut a rug"--

G.A.A. initiation was held and at the business meeting the members decided to raise a few dollars through the sale of pom poms, or shakers for the Armistice Day football game. At the game this group formed the nucleus of a rooting section.

G.A.A. volleyball tournament was held, as usual on Sat. afternoon(Oct. 13). Much of the officiating(refereeing, keeping time and score was done by the girls.

During the current week all intraclass volleyball games are being played off--in some cases there are teams tied for first place. Tumbling and badminton are the activities in which the squads-not engaged in volleyball are participating.

We hope to be able to have the interclass tournament on the afternoon of the 26th.

GIRLS' PHYSICAL EDUCATION REPORT- Nov. 15-30-'43
GRADES 10, 11, 12 and 9

Monday and Tuesday-Nov 15 and 16 -the schedule of indoor activities was completed with class volleyball champions being declared.

Friday-Nov. 19- periods 5 and 6 - Elementary school used the gym
Monday- Nov. 22 " " "
Tuesday-Nov. 23 2 3 and 4- "

Friday- Nov 19- Strength tests were explained, demonstrated and practiced, except in those classes which did not meet in the gym.

Monday and Tuesday- Nov. 22 and 23- tests were administered. All tests to be completed on Nov. 29 and 30. These strength tests are those used by the Research Committee for the National Section on Womens' Athletics- American Ass'n of Health, Phys. Ed. and Rec. in determining physical performance levels for high school girls. These exercises, for the most part, are included in WAC and WAVE physical conditioning programs;-Full dip or push up, straddle pull up, sit ups, wing lifts, and squat thrust(or Burpee test for endurance). The tests are of such nature that the exercises can be scored by the girls themselves-one girl taking the test while her partner scores or assists her. These tests will be given again so that each girl may check her improvement and compare her progress with that of the other members of her group.

The outdoor activity schedule has been replaced by a more flexible one which makes allowances for an increasing amount of inclement weather. Flanball games have been played whenever the weather permitted.

The discussion of problems pertinent to the P.E. department- and school in general- has been a regular part of each week's program although no definite day is set aside for this purpose.

Starting Monday-Nov. 29 Basketball will be the major P.E. sport activity. All girls who completed their tests participated in practice drills, etc. Squad leaders met to draw up the new schedule of activities for the next month. Tumbling and selftesting activities will continue to be a part of the regular gym program. Girls will meet in the gym two days of the week during basketball season--Mon. and Tues.

Outdoor activities will be carried on as before--Wed. and Thurs.-- An indoor game room program is to be organized by each class according to its interests and needs. The supervision of this program is to be carried on as a student project.

Health classes will be held every Friday from now until March.

November 23--attended a meeting of the A.T.A. Social committee to make plans for the visit of Dr. Ade and to discuss a teacher get-together.

November 26--Interclass volleyball tournament was held with the team from the 4th period class being the winners. Games were played in the afternoon 1 to 4 PM. A progressive type of tournament was used.

November 27--The GAA volleyball tournament was completed.

J. Kordecki

GIRLS' PHYSICAL EDUCATION REPORT

Dec. 1-15, 1943

ACTIVITY SCHEDULE IN THE GYM- Mondays and Tuesdays

Squad leaders met and drew up an activity schedule for their respective classes-plans were adapted to the number of squads in each class. Four squads can participate in basketball by using the two cross-courts. Other squads report for tumbling which is held on the stage. In periods 2 and 3 there are only four squads so they all report for tumbling every third day. In the sixth period (7 squads) the odd squad has basket shooting practice at the center baskets. The schedule for each class has been posted on the bulletin board.

BASKETBALL

Each of four squads is assigned to one basket for skills and technique practice. Approximately one-third of the period is used for warm-up and drill on game fundamentals. The rest of the time is used for playing the game of basketball.

Teaching procedure:-

- I. Technique drills
- II. Shooting practice
- III. Offensive plays
- IV. Defensive plays

Drills for each of these groupings are diagrammed on pieces of cardboard 12" by 12". Detailed explanations of the plays are on the back of each card. In addition, variations of the play, coaching hints, and game tips have been added.

Upon reporting to class squads go directly to assigned activity. Squad leaders are responsible for seeing that their group has a card and act as a director of the cooperative group effort in working out the plays as diagrammed on the cards. When ready to have their work checked the squad calls one of the instructors who will check to see if their analysis and execution of the drill is accurate. At this time additional coaching is given to the group on the phases of the activity which need it.

Every squad is required to work out one new drill each day (2 a week). Squad leaders keep a record of these which may be used in testing and checking squad progress. A wide variety of choices are possible in selecting a drill card. If one squad on a court completes its drill before the other group is ready to play, it is expected to review any techniques, plays, etc. learned previously.

TUMBLING

This is a good body conditioning, self-testing activity which can be taught on the stage while the gym floor is being used for basketball. Students desiring to do additional work in this activity, or to make up any work missed, may report on Saturday afternoons.

ACTIVITY SCHEDULE FOR WEDNESDAYS AND THURSDAYS

When the weather permits classes will engage in outdoor sports activities. 10 to 15 minute warm-up (in a cool sort of way) will be used at the beginning of the class period on those days when it is too disagreeable to remain outdoors for a full period.

INDOOR PROGRAM

Wednesday-

Discussion, etc. of basketball rules -- school problems and departmental "business".
Preparation of health assignments.

Thursday- Recreational activities organized, directed and supervised by the students. The purpose of such activity in the P.E. program is to increase social-recreational attitudes and skills. Committees from each class are now planning and scheduling activities such as table tennis, darts, checkers, etc.

Friday- Health classes

Each class has spent two days in suggesting and adopting a plan they feel will best suited to satisfactory study and discussion of health units.

Junior and Senior groups will study units in Physiology which will lay a foundation for the study of First Aid. The unit now being studied is on- "These Things Called Muscles".

Freshman and Sophomore girls will study units more closely related to Personal Hygiene.- Good Grooming, etc..

- December 4- G.A.A. Basketball practice from 1P.M. to 4
" 6- Organization meeting for Pep Club-3:30 P.M.(report attached)
" 8--Practice with cheer leaders at 3:30
" 10- G.A.A. meeting to determine girls eligible for membership from volleyball.
" " Ticket-taker at Wilet basketball game.
" 11---G.A.A. basketball
" 13---3:30 met with A.T.A. social committee- teachers' Christmas buffet supper
" 15---3:30- G.A.A. Officials Club meeting to study basketball rules. This is a volunteer group. 13 girls were present at the first meeting. Other girls will be used as scorers and timekeepers for tournament games.

(Have tried all week to find a time when a committee of 3 members, cheer leaders--could meet--no luck. Not much can be expected from an organization that is supposed to perform as often as the basketball team appears and without practice, at that.)

AMACHE PEP CLUB

All students interested in organizing a Pep Club were invited to attend a meeting at 3:30 Monday afternoon- Dec. 6 in Room 4. Four or five other important student group meetings may have had some effect on the attendance, but the following students were in attendance:-

Misao Sugiura
Rosie Taketa
Satsuki Hayashi
Fusako Uyemura
Grace Yamaguchi
Aiko Ogata
Mitsuko Ogata
Alice Adachi
Helen Yagi
Betty Fujimori
Toshiko Tahara
Sandie Saito
Shizuko Kakiki
Misuko Nakakihara
Jean Matsushita
Donna Kojima
Justine Sekiyama
Emiko Sakakura
Reiko Shimada
Ichiro Takahashi
Akiye Akiyama
Shigeo Hamaoka
Kay Yamachi

It was agreed that the people present at the meeting-and the two cheer leaders who were absent because of illness, would be the charter members. Other students desiring to join should be holders of student activity tickets and will have to meet certain standards as set up in a constitution to be drawn up by a committee chosen from the students at the meeting.

The group plans to make its first appearance Friday evening-Dec. 10.

REPORT FOR SECOND QUARTER
Dec. 12, 1942 - Feb. 19, 1943
Girls' Health and Physical Education
Amache Senior High School

Josephine Korsoski

REPORT FOR SECOND QUARTER

Girls' Health and Physical Education

Dec. 12, 1942 - Feb. 19, 1943

Amache Senior High School

I. Class enrollments:

Period I	- 59
II	- 38
III	- 51
IV	- 24
V	- 50
VI	- 43
Total	<u>265</u>

II. Time allotment: 5 minute periods 5 days per week.

III. Teaching staff: 1 teacher and 2 assistants.

IV. Facilities:

- 1 - Classroom - SG Rec Hall
- 1 - Outdoor basketball court
- 1 - Gymnasium - located in Granada. Its uses restricted to Saturday afternoons from 1:00 P.M. to 4:30 P.M.
- 1 - General play area

V. Athletic equipment:

- 2 - Basketballs (1 indoor ball and 1 outdoor ball)
- 3 - Volleyballs
- 2 - Nets (shared with the Junior High School)
- 2 - Soccer balls

VI. Physical Education Activity Program

- 1. Seasonal sport - Basketball
(Technique practice - handling the ball, catching, passing, bouncing, shooting, guarding, etc.)
Scrimmage, Half Court Basketball
Intramural tournament for beginning and advanced groups is still to be played.

2. Volleyball - an elective activity.
3. Short (supervised) hikes - an elective activity on a few occasions.
4. Square dancing - an attempt was made to initiate this activity during one week in Terry Hall. The physical conditions were unsatisfactory (too much dust from poorly swept floors - source of music was inadequate)

VII. Health Instruction

1. Height and weight checked and recorded for each girl.
2. December 28 - General introduction to the course.
Jan. 4-8 - Chapter 1 of "Health Problems" by Brownell, Williams, Hughes. Introductory reading.
Jan. 11-15 - Discussion on "Winter in Amache" (How to dress properly, care of frostbite, chilblains, etc.)
Jan. 25-29 - Survey of conditions. Advantages and disadvantages to healthful practices - based on Chapter 1 of "Health Problems" (Hygiene of the environment).
Feb. 8-19 - Study and discussion of Problem 1 - Taking an Inventory to Discover the Essential Elements of Attractiveness.

VIII. Other activities carried on in Physical Education classes:

- Feb. 1 through Feb. 8 - Achievement Testing Program
Feb. 15 through Feb. 18 - Registration for 2nd Semester

IX. Textbooks used:

- "Health Problems" by Williams, Brownell, Hughes (with exception of 1st chapter this book was used as a reference book.)
"Being Alive" by Williams, Brownell, Hughes (used only as a reference book.)

Each class is building its own workbook - textbook as it considers the units outlined for the year's health course.

X. Special Activities of Teacher:

- Guidance Committee - I. Q. Testing Program
Basketball - Granada on Saturday afternoons
3 games - girls' varsity basketball at Granada.

GIRLS' PHYSICAL EDUCATION REPORT
January 3-15, 1944

During the first week in January the monthly check was made of the weight of each girl enrolled in P.E. classes.

Jan. 3, 4, 10, 11..Testing program in the gym.

Basketball tests:

Basketball throw for goal-First throw is taken from free-throw line. Each of the remaining throws is taken from the point at which the ball is recovered after the preceding throw. Contestant should try to recover the ball before it hits the floor. After retrieving the ball the contestant may take one step while making the next throw. If the ball rolls out of the court or beyond the semi-circle, the next throw that is taken from any point on the semi-circle. Any style of throwing may be used. Score is number of goals made in one minute. Two trials allowed--best score is taken.
Ten free throws-- score is number of baskets made.

Tumbling:- 26 stunts were listed and illustrated on individual cards. Two periods were allowed for this testing program. Each stunt had a point value and the girl's grade was based on the score she was able to make.

JANUARY 12--Written tests in basketball and health(Unit I).

" 13-- Makeup tests in Tumbling

Wed. Jan. 5--Squad leaders met in each class period to draw up the activity schedule for the intersquad basketball schedule, and self-testing activities. According to plans the basketball schedule will be completed by the first week in March. Self testing activities will include tumbling, strength tests, rope climbing, combatives, etc..

Friday-Jan. 13- Squads elected new squad leaders for the 3rd quarter. Health assignments for the remainder of the semester were made.

Jan. 6-3:30-Room 3 Meeting with Red Cross representative.

Tues. Jan. 11- G.A.A. initiation for fifty girls. 8 A.M. to 7:30P.M.

COURSE OF STUDY**HEALTH CLASS-- GRADES 11 and 12
FIRST AID PREPARATORY COURSE

UNITS

These things called "Muscles"
The Nervous System
The Skeleton
The Circulatory System
The Respiratory System
Digestion
Contagion and Infection

COURSE OF STUDY--- Grades 9 and 10 -PROBLEMS IN PERSONAL
HEALTH AND HYGIENE

A history of Cleanliness
The Hair and its Care
The Face- Care of the skin, its structure, etc.
Posture and appearance --weight distribution, body proportion,
exercise, diet, sleep and rest/
The Bathing Problem
Legs
Feet
Hands
Clothing

In all classes the units have been divided up among the squads.
Each squad is to try to find interesting facts, simple experiments,
and tests that can be used better explain the units as described
in the textbooks. Every student is expected to read certain
basic information.

Grades 11 and 12-- Being Alive(Williams, Brownell and Hughes)
" 9 and 10-- Health Problems(" " ")

GIRLS' PHYSICAL EDUCATION REPORT
JANUARY 15--FEBRUARY 29, 1944

SUMMARY OF INTERSQUAD BASKETBALL TOURNAMENT:

Upon completion of the tournament, held in all six Physical Education classes, on March 3, a total of 115 scheduled games will have been played. The records on 12 of these games will not appear in the summary sheets because they were played in classes in which the number of squads had to be reduced following midterm graduation. These changes involved periods IV and V--the total number of squads, in both classes was reduced by one. All games which had been played by these squads were not included in the tournament record.

TOURNAMENT ORGANIZATION:

PERIODS I, II, III, IV--Double Round Robin Tournament--each squad played every other squad twice. During the first round two games were played each class period, using the cross courts. In the second round, because of the small number of squads, some classes played only one game a period and used the full court.

PERIODS V, VI-----In these classes a Round Robin Tournament, in which each squad played every other squad, was held and followed by a Single Game Elimination Round. Squads were bracketed according to their standings from the first round.

CLASS CHAMPIONS--The squad with the most points-earned according to the following:-

2 points for each game won, 1 point for each tie game, and 0 for each game lost.

This team played a game with an All-Star group, chosen from the other squads on the basis of their outstanding ability. The All-Star team was composed of 10 players. Each squad chose a number players from their group- proportionate to its standing in the Intersquad Tournament, and the number of squads involved.

The Class Champs will play a seven game tournament in the near future.

ALL-STARS** Teams will be chosen by the members of each class to compete in another short tournament.

The majority of games played have been student officiated--referees, umpires, scorekeepers, and timekeepers. It is the practice of the department to expect students on restricted activity to volunteer for the two latter capacities. All in all, has proven to be quite satisfactory.

SKILL TESTS;;;: a battery of five skill tests will be given during the next two weeks and will finish class work in Basketball for this season. Two of these tests were given at the beginning of the season as pre-tests, and are being repeated to measure improvement in the individual

student's skills (if any-I hope.) Please refer to my Jan. 3-15 report for these two tests, if----

Additional check tests will be given on the following skills:-

Pass for accuracy
Jump and reach
Basketball throw for distance

RULES TEST:

A final written rules test will be given as a part of the testing program.

TUMBLING

This activity has been a regular part of our gym program and has been carried on by all squads according to a schedule which was set up to fit in with the basketball program. In the near future-probably as a part of our testing program, all girls will be tested and classified into one of three groups--beginners, intermediate, and advanced.

STRENGTH TESTS

Strength tests were given for the first time on November 22 and 23. A description of these tests was included in my report for that period. At the present time all girls are taking these tests again for the purpose of checking themselves and any improvement they may have made since the first check.

PROGRAM FOR SPRING QUARTER

A new activity schedule will be drawn up for each class with the help of the squad leaders. The major sport activity will be Softball which will cover a six weeks' period. This will call for a re-organization of squads in all classes. It is our present plan to require those teams which are not scheduled to play on certain days, because of an odd number of teams, to provide all officials for the games that are being played. This is to encourage the study of rules and game situations that help to improve the playing of the game. Some type of a rating system will be employed.

The outdoor program, in addition to Softball, will include various minor sports--possibly horseshoes, and some track and field activities. The present plan is to use Wed. and Thurs. for this program.

The indoor program, on Mon., Tues, and Fri., will include Shuffle hockey, Folk and Tap dancing, Badminton, and Tumbling.

HEALTH CLASSES

We have been following the course of study which I outlined in my last report-Jan. 15. The original plan was, as far as I ever have been concerned, to present a semester course in health instruction to all of my P.E. classes. These classes were to be taught on two days of each week, however this plan was modified after discussion in each class. Instead of having health classes two days a week for a full semester we have been holding these classes three days a week for this quarter. This plan has several advantages:-

1. Will permit us to more nearly reach the highly desirable 5-day a week activity program.
2. More class work can be done--there is more continuity--with the 3-day plan.
3. The girls have had the opportunity of making a choice--the same amount of work was to be required under either plan.

Other advantages can be listed--or, just ask me.

At the beginning of the quarter we took five days, in all six classes, for study and preparation on the units which each squad chose as its particular contribution. During this time required reading assignments were to have been made by each girl.

Freshman-Sophomore--Periods I, III, V

Following the preparatory period, each girl gave an oral report on her share of the work. When all reports were completed each squad contributed to a written test. Opportunity was given, after each report, for students to ask questions, etc.. Some topics called for more discussion than others. (The test questions were dictated to the class just as they were written by the students, and this called for some discussion on grammar fundamentals.)

The review of the unit on Good Grooming was based on a sort of "Grab and Gab Bag" idea. Topics, terms, statements, etc., were typed on slips of paper which could be drawn from a large envelope. Every student drew one of these slips in turn and gave, if she could, a short talk on the topic written on it. The time for preparing her speech was limited to the time it took the girl ahead of her to give her talk.

At the present time the squads are studying the topics used for the review speeches, and, by group study and discussion, are making an effort to see that every girl has a speaking knowledge of the subject matter involved. A further check will be made on the "review of the review". A final written test will be given at the end of the quarter.

Junior-Senior--Periods II, IV, VI

Units completed to date include-

These things called "Muscles"

The nervous system

The circulatory system

At the present time all three classes are considering the respiratory system--reports have been finished and we are summarizing the basic information. This has been done at the conclusion of the student reports on all the units. A test will be given at the end of this quarter. Units on the digestive system and on contagion and infection are still to be considered.

Junior and senior girls who are enrolled in the Fresh-Soph classes have been doing independent study on these units and will be given the same tests. In addition, each girl is expected to hand in a project, of her own choosing, on March 13..

Each month the weight of each girl is checked--the chief purpose of this being to note any sudden changes which might be indications of other conditions that might call for attention.

A series of talks will be presented to all classes, between now and the end of the school year, on Menstruation and related subjects.

All classes, except the 1st period, saw the film "Help Wanted" on Feb. 10 and took a written test on it the following day.

ACTIVITIES

Regular G.A.A. sports activities on Saturday afternoons. Eleven teams, including one team of out-of-school girls, have played 73 games of basketball, to date, in the Round Robin Tournament, which is scheduled to end March 25. (barring further postponements) Plans are being made to provide activities for girls on Sat. Mornings also.

On Feb, 9, new officers were elected for G.A.A. A list of these new officers has already been sent to the Principal's office.

GIRLS' PHYSICAL EDUCATION REPORT
February 29-April 18, 1944

BASKETBALL-

Seven games were played in the Interclass All-Star Basketball Tournament with the team from period VI defeating the 5th period on March 20 for the championship.

Four of the seven games in the Interclass Basketball tournament (champion squads from each of the six P.E. classes) have been played. Due to the fact that we have had to postpone the remaining games at least twice-well, the tournament seems to have become a "victim of circumstances".

SHUFFLE HOCKEY

This activity was started on March 21 and has proven to be quite popular with most of the girls. Three days were spent in learning and practicing fundamental game skills. Tournaments were organized in all classes and will be played of in a three-week interval which will be concluded next week. The team groupings for softball have been used for shuffle hockey.

SOFTBALL

A total of 34 teams are participating in the P.E. class tournaments. These teams were all chosen by lottery--numbers were drawn and checked with the list of names and numbers that we keep for testing and grading purposes. The squad leaders met and decided that this method of selecting teams would be as fair as any other as long as the weather, and the time element, prevented the administering of a battery of skill tests on which to base the selections.

In those classes in which there are an odd number of teams, the team which does not play is required to furnish all officials for the teams that are playing. In other classes those girls who have asked to be excused from the activity are expected to assist with the officiating, keeping score, etc..

TUMBLING; BADMINTON, SHUFFLEBOARD:

All girls, in every class, have been classified into one of three groups according to their tumbling ability. During the next month each group will meet and prepare a short tumbling demonstration as their final test in the activity. While one group is engaged in tumbling the other two will be playing badminton and shuffleboard. Each class period will be divided into two sections and girls will play badminton or shuffleboard for a half of the period. (In most cases the time will be equivalent to 15 or 20 minutes.) Because of limited equipment for these two activities, and the large number of girls to be taken care of, we are using this system so that all persons will have, as nearly as possible, an equal chance to use what we do have. There will be extra girls in each section who will be expected to officiate, keep score or practice on their individual tumbling stunts. Girls selected their own partners for these activities. The number of couples in each class are:

I---24	IV---24
II---16	V---35
III---18	VI---21

We are planning to use three badminton courts and one shuffleboard court. This will take care of 16 students in each section, or a total of 32 during the period. Squad leaders have spent much time in drawing up these schedules.

RHYTHMS AND GENERAL CLASS ACTIVITIES:

Friday-March 3 --Square dancing
10 and 17--testing program in basketball
24---Dance mixer "Daisy Bell"-Square dancing (the day
of the Music Concert!'
31---Rhythm show preparations-etc-no classes in gym.
April 7---Easter vacation
14-- Danish folk dance "Vester Bopolsk"... Ye OLde Rye
Waltz and old-fashioned waltz---do-si-do figure
for square dance.

HEALTH CLASS:

Classes have been meeting indoors for a series of health lectures on days when the weather has been inclement-but definitely! These talks have been based on "The Facts of Life" and have included the following:-

Adolescence--a period of change and growth-physical, mental, social, etc. and its implications.

Background--tradition, superstition, taboos, etc.

Reproduction--types of reproduction

The reproductive system.

Physiology of menstruation

Menstrual hygiene

Menstrual disturbances

Commercial products -types, cost, etc.

V.D.

This series of talks has been completed in two classes. In the remaining classes one or two more days will be needed to finish the unit. This will terminate formal health classes for this year.

OTHER ACTIVITIES:

G.A.A. Basketball League play ended March 25. 110 games were played by the eleven teams entered in the tournament. A small group of G.A.A. members formed an Officials' Club and officiated at the games. Other girls volunteered their services as score keepers, and timekeepers. There was an umpire and a referee on the floor for nearly every game played. In a few cases only a referee was available. 28 girls are eligible for membership in G.A.A. because of their participation in basketball.

Sotball practices were scheduled for April 8 and 15. Four teams are entered in the tournament which is to be completed by May 1. Games were to be played on Saturday afternoons at 1:00 and 2:30 P.M. Two managers have been appointed to take charge of the sport. Last Saturday's games were postponed on account of the weather, so teams will meet at their convenience--after school, in the evening, on Saturday-or whenever they can and the weather will permit.

Ten girls worked up a skit and presented as a part of the High School Rhythm Show on March 21.

A picnic is being planned as a culminating activity for the year.

Plans for the activities in Girls' Physical Education classes are posted in the gymnasium on the bulletin board at the head of the stairs. The chief aim of the next four weeks will be to complete the schedule which we have set up for shuffle hockey, badminton, shuffleboard, tumbling, and softball. Tests for Seniors will be given the second week in May and all others will be scheduled for the following week.

Health and Physical Education
Girls

Report Sept. 7 to Oct. 1

The purpose and plan of the health and physical education program was presented to both grades. In physical education we have started by electing captains in each section. They are:

7-1 Tomiko Kanzaki
7-2 Betty Miyahara
7-3 Shirley Takai
7-4 Helen Uyesugi
8-1 Karumo Hamahashi
8-2 Junko Maeda
8-3 Mariko Shimada
8-4 Chizuko Okuno

The seventh grades are playing volleyball after taking a volleyball skill test.

The eighth grades are learning speedball. Skill tests are being administered too.

Both grades are starting activity notebooks.

On Fridays the eighth grades have been dancing.

The health program has been started by weighing and measuring every girl. The first project for the seventh grade is "Living Happily Together".

The eighth grade project is "The Conquest of Disease".

We are just getting started on the Health projects as the room has been torn up part of the time and to give the Tulelake children a chance to start at the beginning.

These projects in both physical education and health will be continued for the period from Oct. 1 to 15.

Respectfully submitted,

Freda L. Mahony
Oct. 4, 1943

Physical Education
and Health
(girls)

Oct. 1, 1943 to Oct. 15, 1943

Volleyball holds the interest of the 7-2 and 7-4 classes. The 7-1 and 7-3 groups are more socially advanced and prefer to learn to dance. We have ~~tried~~ tried to vary the program to hold the interest of both groups.

In the two 8th grade sections the interest is more toward dancing this year than games. We have started the skill test for speedball.

The 7th grades have started their units on "Health in Living Happily Together". The 8th grade have selected their groups and are working on "The Conquest of Diseases".

With completion of the 8H Rec. Hall we can expand the program ^{to} take in more activities.

Respectfully submitted,

Freda L. Mahony.

Report for Oct. 15 - Nov. 1, 1943

7-3 7-4 Science .

The two groups are both on the same units. When I first took them they were studying solutions. We have continued thru the Molecular Theory and are now on the Effects of Heat on Materials. Both classes seem to like science and most of the pupils understand the principles fairly well. They are especially interested in experiments.

With such a full schedule it is impossible to prepare adequately for the science classes.

Respectfully submitted,

Freda L. Mahony.

PHYSICAL EDUCATION & HEALTH
(GIRLS)

Report for Oct. 15 - Nov. 1, 1943

The two weeks period just ending continued the same activities for the quarter. Volleyball has been the outdoor activity of the seventh grades. In the eighth grade dancing has been the major interest. In health the seventh grade are finishing the first unit on Living Happily Together and will start their own projects. The eighth grade are finishing their projects on Disease for the end of the quarter.

Beginning Nov. 1 we will check height and weight, and have more indoor activity in the Rec. Hall, starting exercises, drills, etc. in both classes. The eighth grade will choose another Health project to start working on.

The Physical Education department is handicapped by having no assistant. It is difficult to keep the different groups busy and there is no chance for staying with any one group for instructions.

Some time has been given to organizing a Jr. Red Cross group. They are assisting in the drive for membership Nov. 1 - 15. Each seventh grade section elected two girls to present the Jr. Red Cross to the General Education classes. These girls are Tomiko Kanzaki, Masako Kasai of the 7-1, Ann Kawana, Agnes Kubota of the 7-2, Nancy Nonaka, Emiko Ogawa of the 7-3, Helen Uyesugi and May Yonemura of the 7-4. The greatest interest in Jr. Red Cross was in the 7th grade so they will present it to the 8th grades too.

Respectfully submitted,

Freda L. Mahony

HEALTH & P.E. REPORT
GIRLS

Nov. 1st to 15th.

The seventh grade expressed the most interest in the Jr. Red Cross Enrollment Campaign. Some time was spent studying the work of the Red Cross and especially the type of work done by the Jr. Red Cross that could be done here in the center. Jr. Red Cross representatives were elected from each section to present the Enrollment campaign to Jr. High School. These representatives were Tomiko Kanzaki and Masako Kasai 7-1, Ann Kawana, and Agnes Kubota 7-2, Nancy Nonaka and Amy Ogawa 7-3, Helen Uyesugi and May Yonemura 7-4. These representatives prepared talks on How to Join the Jr. Red Cross and Why Join the Jr. Red Cross.

The 8th grades finished their health projects on The Conquest of Disease. Both groups turned in very interesting folders.

Volleyball teams have been chosen by all classes and a tournament is being played. The captains are Irene Doi and Agnes Kawamoto 7-1, Ann Kawano and Naomi Tanikawa 7-2, Esther Sato and Shirley Takai 7-3, Helen Uyesugi and May Yonemura 7-4, Karumo Hamahashi and Edith Yamasaki 8-1, Junko Maeda and Happy Taketa 8-2, Tsuyako Watanabe and Yoshiye Yamaga 8-3, Lillian Naruse and Chizuko Okuno 8-4.

In health we will weigh and measure all girls for the second quarter Monday, Nov. 22. We will also choose a new project for this quarter and select the groups in all classes.

Since starting tournament play the girls are showing more interest in volleyball. The 8-2 - 8-4 group have chosen a representative team from the whole class and want to challenge the 8-1 - 8-3 group. I am encouraging this attitude as it helps break down the feeling between the sections.

Respectfully submitted,

Ireda L. Maloney

SCIENCE

7-3 and 7-4

Nov. 1st to 15th.

Unit IV in Book I, problems of Science was covered in the period from November 1 to November 15. Both classes showed considerable interest in the experiments. Because the subject, materials, was so abstract in some parts of the chapter we spent a great deal of time on it. We were able to finish the unit in time to have three tests so they could be graded for the quarter's work.

I do not feel I know the children well enough to judge them fairly on their report cards except in subject matter.

Respectfully submitted,

Frida L. Mahony

PHYSICAL EDUCATION AND HEALTH
GIRLS

Report of Nov. 15 to Nov. 30, 1943

A tournament in volleyball is being run off in all classes. The seventh grades will determine a winner and the eighth grades will too, by the morning classes challenging the afternoon classes. They also want to play seventh against eighth grades to determine a school champion. The interest has been very good and they want to carry on the same in basketball after the holidays.

The health units fro this quarter are just getting started, so there isn't anything to report at this time. All classes were weighed and measured at the end of twelve weeks. A record is being kept of each girl and over a period of time a graph can be made of growth and gain in weight.

Respectfully submitted,

Freda L. Mahony.

Health and Physical Education
Girls

Report for Dec. 1 to Dec. 15, 1943.

We started a class volleyball tournament and there was a great deal of interest. There are four teams in each section.

7-2 and 7-4

Team I
May Yonemura, Capt.

Team II
Helen Uyesugi, Capt.

Team III
Naomi Tanikawa, Capt.

Team IV
Ann Kawano, Capt.

8-2 and 8-4

Team I
Lillian Naruse, Capt.

Team II
Happy Taketa, Capt.

Team III
Chizuko Okuno, Capt.

Team IV
Junko Maeda, Capt.

7-1 and 7-3

Team I
Irene Doi, Capt.

Team II
Shirley Takai, Capt.

Team III
Esther Sato, Capt.

Team IV
Agnes Kawamoto, Capt.

8-1 and 8-3

Team I
Edith Yamasaki, Capt.

Team II
Karumo Hamahashi, Capt.

Team III
Yoshiye Yamaga, Capt.

Team IV
Tsuyako Watanabe, Capt.

The bad weather has interrupted our team play. We've been playing checkers, anagrams, etc. in the classroom and some have played ping-pong in 8H-Rec. There is only one ping-pong table and we have to share it with the boys so it doesn't take care of many at a time.

All girls have been weighed and measured. All sections have started on new Health Units for this quarter. The subject in the seventh grade is Living Happily Together. The subject in the eighth grade is How We Can Develop Personality Thru Health. They have chosen groups and their own subject.

Respectfully submitted,
Freda L. Mahony

BI-MONTHLY REPORT
January 15 thru February 29

Martha Tsuchiya

Girls Physical Education

In the seventh grade classes we have been learning the fundamentals in tumbling and baseball. We have also had health, in which we studied about Calories and the parts of the body.

In the eighth grade classes we have been learning the fundamentals in tumbling, basketball and baseball. In health we have studied about "Sanitation in the Community" and parts of the body.

Science 7-3

In the 7-3 Science class we have studied about "Magnatism" and "How Plants and Animals are alike" and "How Plants and Animals take in Food." I have also had the class make a notebook in which we do various library work such as keeping notes on our work and making reports on different animals and how they take in and what kind of they eat.

Mathematics 8-2

In the 8-2 Math class we have studied "The Bank and the Community" and have begun to study about "Business and the Community."