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Physical Education - Boys

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Boys' P.E. & Health  
Senior High Level  
1942-43, 43-44, 44-45

Mr. Anderson



## Sect. I. Aims

Just as in the Junior High program, the aims of the Senior High P. E. program went through two distinct phases: the phase of orientation to camp life and the phase of preventing juvenile delinquency while promoting thought about health problems in relocation. An added aim throughout the existence of the school was to provide activities of interest to the school and to encourage proper co-educational activities.

## Section II. Offerings.

In the school year 1942-43 P. E. classes were forced to meet outside, with the exception of Saturday afternoons when the Grandada gyms were available to senior high students. Health lessons were based on camp health problems, the danger of fire and contagion, and sound mental health under camp conditions. The classes were large and equipment and supervisors were limited. Seasonal sports were emphasized and all classes were organized by the students into teams of their own choice. In addition, boxing, tumbling and calisthenics were stressed. Periods were 55 minutes in length and were about equally divided between P. E. and Health.

In 1943 the new gym was available and its space was equally divided between the boys and girls. In addition to seasonal sports, attention was given to posture corrective exercises, based upon results of a comprehensive health exam. Health work included simple physiology, mental health, personal health rules, and the need for physical fitness.

In 1944-45 the health program was enlarged to include pre-marriage hygiene for seniors and pre-military information for those near draft age. In all three school years an extensive intra-mural program was carried on during all available free hours. All students spent an average of  $2\frac{1}{2}$  periods per week in health and  $2\frac{1}{2}$  periods in P. E.; the periods were 55 minutes in length.

## Section III. Accomplishments

Despite camp living conditions, sickness and absenteeism were held to a minimum. There were very few injuries of a major nature. Juvenile delinquency failed to develop beyond the formation of boys' gangs which bullied some individuals but did not succeed in controlling school activities. Nearly every boy in school participated every year in at least one elective intra-mural program. The last year alone approximately 150 scheduled basketball games were played.

### Intra-murals: Boys

The intra-mural program was begun almost the first day of school in 1942. During the first few months equipment was almost non-existent, while no gym space was available. The gov't secured the Granada gym for Amache students to use on Saturdays; the Junior High played there each morning and the senior high each Saturday afternoon. In camp softball and touch football leagues played on Sundays, before and after school hours. Approximately 75 softball games were scheduled and played the first school



year, as were some 135 basketball games.

In response to popular demand, Varsity basketball teams were chosen. The first year the varsity A team played 11 games and won them all. During 1943-1944, the new gym made possible the extending of the basketball intra-mural program. More than 200 games were played, counting a summer program for recreation. Again a school varsity was chosen and participated in some 9 games with outside schools of which it won 8. During 1944-45 outside games became impossible because of war conditions, but 4 leagues were formed, including 28 teams of app. 250 players, and over 150 games were played.

All intra-mural teams were chosen by the student captains who were elected by popular vote. All sports rules were agreed upon and enforced by a board consisting of teachers and students. All games were managed by student officials and all proceeds went to the common athletic fund. One track and field day was held each year.

Addendum. Health books used (a)

1. Brownell: Being Alive, basic text
2. Baue & Edgely: Your Health Dramatized
3. Crisp: Be Healthy
4. Goldberger & Hallock: Health and Physical Fitness
5. Kohn: Your Digestive System
6. Kreuger: The Fundamentals of Personal Hygiene
7. Miller, Bookwalter & Schlafer: Physical Fitness for Boys
8. Weber: Functional Health Teaching
9. Cobb: Everyday First Aid
10. Lowman, Colestock, Cooper: Corrective Physical Education for groups

Addendum. Class Enrollment (B) Estimates & Approximations

1. 6 periods per day
2. 5 school days per week
3. 55 minute periods
4. 70 students in each class, each period
5. 375 students participating in extra physical activities



The program of boys' activities is limited by various conditions, among which are:

1. Space available
2. Seasonal weather conditions
3. Desires of the students
4. Lack of necessary staff assistants
5. Magnitude of the classes

The first two weeks of the school year 1944-1945 largely were spent in creating a suitable organization and in adjusting plans to cope with the conditions mentioned above.

All classes have been organized into squads or platoons, each of which consists of two rows of ten men each. Temporarily, the first student in each row is responsible for reporting absences in his row.

Gradually, as the membership of each class becomes static, class leaders will be elected to initiate student planning and to select teams for intra-class sports. An attempt will be made to delay the opening of the basketball season by stressing football, softball, and other seasonal games.

Especially among the juniors and seniors an occasional period is being partially devoted to calisthenics. This plan is being followed to give pre-draft students a foretaste of military physical training, and to prepare them physically for service life.

On the evening of September 12, the High School, in cooperation with the Community Recreation Department, sponsored two basketball games among servicemen on furlough and highschool students. The highschool team won its game by defeating the servicemen's team 28 to 24.



All boys' classes have been organized into six squads, each of which was chosen by an elected leader. The squad leaders are responsible for the cooperation of squad members. The squads serve as organized teams for class competition in sports elected by the class.

Each class has selected a schedule of several activities in which it is most interested. Class squads are assigned by pairs to a particular activity. Thus, on a given day, there are at least three different activities in each class. This plan works well among Junior High boys, but, apparently, most Senior High boys lack a sufficient sense of responsibility.

Health instruction is being held in abeyance, until after the onset of bad weather and the completion of the additional barracks. The eight o'clock period is being devoted to Boy Scouts.

After borrowing all available equipment from the "Community Recreation Department", a football intra-mural program was begun in which over sixty boys are participating. The equipment is meager, subsequently the program is limited.

Occasional military drill is given to the Juniors and the Seniors in order to prepare for military life those who are most likely to be drafted.



March 3, 1945

## BOYS' P.E. AND HEALTH

### P.Education

The boys have been engaging in a program which is partially chosen by themselves and partially presented by the instructor as required work. Most of the class periods have been run on the split-period principle. The nature of the required work is determined by the ages and physical development of the students involved. Required work has consisted of calisthenics, remedial posture work, group marching, small group student direction, and compulsory participation in group games.

I have selected basic group physical tests for which standards are listed in "P.E. Education Achievement Scales" (Barnes 1936), according to standard strength potential scales. The chart is prepared on a basis involving age, height and weight. Periodically each student is tested on his recommended basis four activities. The seventh and eighth grades are tested on: jumping jack, toe touches, arm extensions and knee-push ups. The ninth and 10th grades are tested on : jumping jack, full push ups, toe touches, and sit ups. The eleventh and twelfth grades are tested on: push ups, sit ups, squat thrusts and squat jumps.

In order to wind up the basketball season, all classes have been organized into teams, each of which has been chosen by an elected captain. All students are required to play a minimum of one quarter of each scheduled class game. In about two weeks this will be completed and all classes will play outside during most P.E. periods. At the present time classes play outside one day per week when the weather permits.



## Health

The seventh and eight grades have been working on several short units, each of which can be considered a part of the theme of "general health". Short units completed include: Good Health Habits, Common Diseases and their prevention, Good Housing, Healthful Communities, Safety, and Elementary First Aid. Through the cooperation of Dr. Dumas the services of the elementary health nurse were obtained for several class periods. The nurse and I demonstrated simple bandaging and simple home first aid.

The ~~ninth and tenth~~ grades have just completed a unit in physiology on The Senses. Included in this unit were: Vision, Hearing, Smelling and Tasting, together with a brief examination of the brain as the center of the sensory and volitional networks. An attempt has been made to limit the study to practical points. Each subject was developed in much the same manner: The Sense, Its Location and general make-up, Its normal functions, Common Abnormal Conditions, and Common Prevention and Correction Practices.

The 11th and 12th grades have been discussing pre-service material, most of which was obtained from the folder already collected by Mr. McGovern. The program has been developed according to the nature of requests for information made by students. Thus far we have discussed: Historical Background, Development of the War (by news reviews), the nature of the classification process and the usual procedure of induction.



## Intra-murals

Since the basketball intra-mural season is almost completed, it would be well to list a brief review of its activities. The outline below contains a summary which includes the one week of unfinished schedules.

### A League

1. Teams	8
2. Players	80
3. Games played	28

### B League

1. Teams	7
2. Players	70
3. Games played	22

### C League

1. Teams	4
2. Players	40
3. Games played	22

### D League

1. Teams	9
2. Players	90
3. Games played	36

### Totals

1. Teams	28
2. Players	280
3. Games	108

(These totals do not include re-plays or special games, or class tournies.)



APRIL 1945

P.E. & HEALTH REPORT  
BOYS

W.O. Anderson



## GRADES SEVEN AND EIGHT ( Periods 2 and 4)

With the onset of spring weather, P.E. plans were adjusted to include more work outside. The seventh and eighth grades showed the greatest interest in softball so in each class team captains were elected and were given the task of choosing softball teams for an in-class schedule. This schedule is made up of games between and among some six teams in the second period and 8 teams in the 4th period. Thus far about half of the scheduled games have been played; in order to diversify activity, baseball is not played more than two periods in any one week.

After consulting numerous articles by P.E. professional workers, I selected a list of some 20 spring activities which could be handled here with limited equipment. From this list all classes, including the seventh and eighth grades, selected ten which make up the basic spring program. Again consulting prepared tables of achievement, I set a minimum of achievement for each of the ten activities. The list includes: (1) push ups (2) sit ups (3) squat thrusts (4) squat jumps (5) high jump (6) standing broad jump (7) running broad jump (8) shot putt (9) 50 yard dash (10) 100 yard dash. For the seventh and eighth grades the minimum requirements are: (1) 4 (2) 5 (3) 5 (4) 10 (5) 3 feet (6) 4 feet (7) 6 feet (8) 10 feet---with an eight pound shot (9) 9 1/2 seconds (10) 17 seconds. In the tests thus far completed (1, 2, 3,4), the minimum requirements have been exceeded in the case of almost every student and have been greatly exceeded in the case of more than half of the students.

Several practice periods are devoted to each of the activities before a final test is given for recording results. In preparation for the jumps, in which the classes are now involved, inside preparation was given in tumbling exercises and in jumping a low bar. Greater interest is being shown in the spring activities, especially in the seventh and eighth grades, than in any other activity this year, with the possible exception of the winter basketball tournament.



Health units covered during April have included subjects which seemed most practical, considering relocation. The seventh and eighth grades have discussed: Recreation Programs in Cities, City Planning, the Value of Boys Clubs, and Healthful Homes. Material for these units was rather hard to obtain, but a variety of clippings and pamphlets was gathered by the students. Finally, each student drew an outline plan of what he considered to be a comfortable and healthful home.

#### NINTH AND TENTH GRADES (Periods 1 and 5)

In planning the spring program for the ninth and tenth grades, I was surprised to learn that almost no interest was evinced for spring softball. One week was devoted to practice in batting, fielding, and rule reviewing, but the response from students was most disheartening. As a result, no schedule has been drawn up for class teams, as was done in the seventh and eighth grades, but games are scheduled on the basis of challenges among the class squads.

Despite the attitude of indifference shown toward spring softball, great interest has been shown in the core program of the ten selected activities. A rather lively spirit of competition presents itself, especially upon occasions of testing for records of achievement. The minimum requirements selected for the ninth and tenth grades are: (1) push ups: 7. (2) sit ups: 8 (3) squat thrusts: 8 (4) squat jumps: 15 (5) high jump: 3ft. 4 in. (6) standing broad jump: 6 feet (7) running broad jump: 10 feet (8) shot putt (8 lb): 15 feet (9) 50 yard dash: 8 seconds (10) 100 yard dash: 14 seconds. Again, as in the lower grades, these minimum requirements are usually greatly exceeded. Fortunately, the classes have adopted the attitude that it is a disgrace to do only the required minimum.

During April the ninth and tenth grades concluded their basic core study of Human Health and Physiology. Final units studied were chosen and organized to present a logical summary of the winter's work and to facilitate the transition to spring sports: I. the Skeleton; general framework; common fractures and their treatment by emergency first aid; sprains, bruises and cuts. II. the Muscles; overall pattern of the body; exercises for the promoting of muscle development; common injuries.



# GRADES ELEVEN AND TWELVE (Periods 3 and 6)

In planning the spring program for the upper classes, I discovered that their attitude toward spring softball represented a mid-point between that of the lower two classes and that of the ninth and tenth. In response to a prepared questionnaire, less than 40% evinced an interest; however, once games were started that interest increased. Approximately one day per week is devoted to outdoor baseball for each class.

In preparing the list of the basic ten spring activities, the upper classmen showed surprising interest in track events, but they have not demonstrated a corresponding enthusiasm in fulfillment of most of the tests. In short, most of them are discouragingly lazy. Upper classmen are inclined to do the minimum requirement only; even that requires a great deal of urging. As a result, I purposely changed the minimum requirements for upper classmen and have found that they are capable of doing much better yet. At the present time, the minimum requirements for upper classes are: (1) push ups: 12 (2) sit ups: 14 (3) squat thrusts: 12 (4) squat jumps: 20 (5) high jump: 4 feet 2 inches (6) standing broad jump: 7 feet (7) running broad jump: 13 feet (8) shot putt (12 lb) 20 feet (9) 50 yard dash: 7 seconds (10) 100 yard dash: 13 1/2 seconds.

In Health classes the eleventh and twelfth grades have been discussing single units, each of which is important to adolescents. One week in April was devoted to a study of Army physical and educational exams, with a view to establishing in each case an estimation of each student's comparison with national standards. One week was devoted to a study of the venereal diseases, their causes, symptoms, effects and treatment. Approximately two weeks were devoted to units recommended by the National Public Health Service: Cancer; its causes, its symptoms and treatment; Heart Disease; its prevalency, its causes, its symptoms and treatment; Hernia; its causes, its treatment, its prevalency among young men, its prevention.



## MISCELLANEOUS

I. In cooperation with the senior class, with Mrs. Stegner and with Mrs. Anderson, I assisted in the production of the senior play, "Spring Fever". Mr. Drummond prepared the sketches for the preparation of the scenery and Mr. Kraus supervised the construction thereof. The performances appeared to be well received and the work was most enjoyable.

II. The Athletic Committee met with me and drew up a list of awards to be purchased on a budget set by Mr. Drummond. Awards are to be given to the members of the winning team in the A, B and C leagues. The D league winner will be given the trophy which was left over from last year. Setsumi Saito will be given a small medal for her faithful service at all intra-mural games as ticket clerk.

Tentative plans have also been drawn up, with Mr. Drummond's approval, for holding an inter-class field day on the last Saturday of the school year, subject to an expression of sufficient interest on the part of the students.

The Committee approved a tentative plan for arranging a final class basketball tourney in competition for the Applegate trophy.. Final plans will be worked out with the cooperation of Mr. Drummond.

III. In cooperation with the English-Social Studies class taught by Miss. Walls, I assisted the students in preparing a mock trial. Miss Walls and I drew up an overall plan whose actual details were filled in by a student committee. The lawyers and other officials met with me after school to practice their court room behavior and to prepare briefs.



JAN. 8, 1945  
W.O. Anderson

BOYS' P.E. & HEALTH  
NOV. 15 --DEC. 15

## PART I. RETROSPECTUS

### A. Physical Education

The Boys' program in P.E. classes, in keeping with the recommendations set forth by national leaders of the Physical Fitness Program, has been centered around three basic objectives:

1. development of the arms, chest, and leg "big muscle" areas
2. co-ordination of big muscle areas
3. correction of minor defects susceptible to correction or reduction in large class groups.

To achieve these objectives, while still permitting participation in activities of the students' choosing, each P.E. period has been divided into two parts. During the first portion of each period, the boys engage in calisthenics, marching, or posture correction exercises. Physical exams have borne out the fact that a majority of the boys have fairly strong arms but are subject to a scapulae condition. Also, most of the boys are prone to drag their feet while walking. Since an important course objective is to encourage co-operation among individuals, I have found that simple marching is a good remedial agent. The shoulders must be held erect; the step must be spirited, and all must work together. In calisthenics, simple shoulder exercises have been stressed to correct the scapulae condition. The difficulty here is that the majority of boys do not carry over into daily practice the recommended posture corrections.

While the addiction to basketball remains unchanged, I have been successful to a minor degree in arousing interest in boxing, volleyball, dumbbell exercises, and in medicine ball exercises. The 7th & 8th graders particularly have developed an interest in an improvised game titled "medicine ball tag".



Every Friday the girls and boys have held mixed activities with varying success. The girls seem to enjoy the mixed classes, but the boys participate only under strong direction; even then, participation is so listless in most cases as to smack strongly of passive resistance.

#### B. Health Classes

The Health program has been developed under the 3 large brackets set up at the beginning of the program. (i.e. organization of units according to grade level divisions) During the past month the 7th & 8th graders have studied Foods, Good Health Rules, and Safety at School. The next unit will include: Famous Diseases & Their Conquest, Famous Doctors & Their work. This unit is timed in such a way as to start during the Christmas Seal drive when the natural emphasis is on tuberculosis.

The 9th & 10th graders have continued their study of the human body and human physiological processes. Completed work includes: The Nature of the Cell as a Building Unit, Co-ordination of Body Parts, Circulatory System, and Respiratory System. The latter unit was timed, also, to co-incide with the Christmas Seal drive in order to stress tuberculosis.

Juniors and Seniors have developed an informal study of personal and pre-marital hygiene. Thus far they have discussed: Problems of Adolescence, High school Behaviorisms, and Marriage as an Institution in society. The next units will include development of the sexual systems and the more easily understood laws of heredity. The basic theme for this year's work is: Planning for marriage and for Sane Adult Living.

#### II. INTRA-MURAL PROGRAM.

As of December 15, 1944, 18 teams have been organized for basketball, with two additional teams nearly organized. Thus, the enrollment includes approximately 200 boys. About 24 others are enrolled as members of the Officials Club or as scorekeepers and game helpers. A Class Tourney was completed and was won by the Seniors with Juniors as Runner-ups and Sophmores as Consolation winners. The 9th graders were Junior high school champs.



WAR RELOCATION AUTHORITY

AMACHE, COLORADO

OFFICE MEMORANDUM

November 30, 1944

To: Mr. Drummond  
Mr. Anderson ✓  
~~Mr. Michaud~~  
From: H. K. Walther

I have appointed you as the faculty members of the school "athletic commission." I suggest that you meet whenever necessary with Frank Goi's pupil committee. You should approve, after discussion all such matters as high school league, program, schedules, time schedules for the use of the game, selection and payment of referees, operation of electric score board, time and score keepers, etc.

I will make a schedule asking each teacher to serve as "ticket taker" sometime during the season. The management of these tournaments and games is, of course, Mr. Anderson's responsibility. He will need to be the person to handle all details.

Other topics which should be discussed are admission prices, sale of tickets, basketball season tickets, benefit dances and etc. for the boys' athletic fund and any questions which might come up concerning the varsity team.

The members of Frank's committee which represents the student council are:

Frank Goi - chairman  
Dag Nakatogawa  
Bob Nitahara  
Osamu Nagai

Calvert Kitazumi  
Kenji Yamaga  
Geo. Morishige

He and his committee have done an excellent job so far and should be given continued encouragement.



Oct. 15 to Nov. 15

P.E., Boys  
W.O. Anderson

#### PART I. Review.

During the past month, day to day stress has been placed on seasonal activities in which the students have the greatest interest. My purpose has been to arrive at the greatest degree of individual attention possible while handling large groups. Thus, during a given game, I have tried to watch each student and have suggested to him certain corrections in posture or remedial exercises which would be of value to that particular individual. Each class group has received calisthenics at least once each week. These group exercises are designed to develop general body coordination and to provide a means for comparing the development of Amache students with national standards by weight and age groups. I have found that, by and large, most Amache boys are above the national average in the strength of forearms and chest, but are slightly below the norm as regards leg development. Perhaps this can be attributed to their traditional personal emphasis on weight lifting and wrestling; these activities are stressed in their own recreation halls.

The football intra-mural program has provided an excellent opportunity for an intensive drive against the use of profane language and for the encouragement of rules of sportsmanlike behavior. At times the progress has been discouragingly slow, but the help of several students has been of real value. Two of these students are Joe Hamade and Joe Aiboshi. Their football ability has given them a certain degree of leadership among their fellow students and their generally fine attitude has encouraged cooperation. The intra-mural program was temporarily halted to prepare for a game with Wiley High school but, unfortunately, the game was called off by Wiley. At the present time, the program has been renewed and seems to be arousing an increasing degree of interest among the boys.

During the past month I have cooperated with the local Boy Scouts by giving merit badge tests whenever an opportunity presented itself. Since Mr. Michaud has taken over active direction of that group, such cooperation probably will be continued and increased in the future.

Acting in conjunction with Miss Walls, I have served as a co-chairman of the newly formed High school Discussion Club which seeks to offer increased opportunities for oral English and for logical thinking in democratic meetings. The first "trial" discussion was based on the statement: Relocation will prove to be of greater benefit than injury to the present generation of Japanese-Americans now enrolled in High school.



Finally, I have presented several talks to adult night classes concerning various fields with which I am acquainted. Most of this work has concerned various foreign languages and Commercial Law.

## PART II. Preview.

The program of Health instruction has been initiated as of Nov. 13. My six classes have been divided roughly into three groups, following the divisions set up by age and grade achievement. The two lowest grade and age levels will be engaged in a program built around Public Health, Personal good health rules, and Modern health problems. The two intermediate levels (i.e. 9th & 10th graders) will be engaged in a program centered around Physiology. This group will study health problems, first aid, and illness as related to the structure and functions of the human body. The third level (i.e. 11th & 12th graders) will take up a program based on the general theme of The Citizen and Health. In this program we shall touch on : 1. a review of general physiology 2. a review of simple first aid 3. a review of personal and community general health problems 4. a study of physical maturity in the male and female 5. a preview of the marriage relationship.

Since the football season is drawing to a close, plans are being laid for an extensive intra-mural basketball season. I hope to secure the cooperation of the Girls' Booster Club and of the high school Band in arranging for interesting all school programs during the winter months. Such cooperative activities will lessen the desire for inter-school contests and will, it is hoped, serve to foster a healthy school spirit.

Finally, it is planned to give a physical exam to each boy in Junior and Senior high school during the second quarter. The lack of an assistant makes this ambitious program a slow one, but the examinations will be completed.



QUARTERLY REPORT

HEALTH AND PHYSICAL EDUCATION DEPT.

John C. Hoke

Purpose:

The Health and Physical Education Department of the Senior High School found a crying need for a strenuous activity program during the fall months. This must satisfy boys who had participated in football as well as those who were interested in some football activities. The equipment on hand were three footballs, a field that was not leveled nor cleared of cactus and milk weeds. It was decided to play touch football using all of the football rules except blocking and tackling. This activity was placed on an intra-mural basis, within classes and within groups.

The first two weeks were spent on clearing the field of weeds, cactus and sagebrush. By this time all changes in classes had been made, and final enrollment found 235 boys signed up for Physical Education. Following are the enrollment in each of the classes:

1st Period	35
2nd "	36
3rd "	53
4th "	20
5th "	45
6th "	46

After two weeks practice on fundamentals, each class was divided into teams, equal in ability as could be determined. Each team consisted of eight or nine players. Since each class contained Sophomores, Juniors, and Seniors, each team consisted of boys from each of these classes. A schedule was drawn up, and a champion of each class was determined. In like manner, a school championship was determined.

Each boy has learned to pass, kick, block and carry out his duties as a member of a team. Only four boys did not take part in this activity due to physical handicaps.

Last week the activity program has changed to basketball. A goal-hi has been placed at our disposal, and this department has four basketballs to use. We are stressing ball-handling, passing, catching, dribbling and shooting. All of the boys are interested in this activity.

As soon as a basketball court is available, we plan to set up a program similar to the one followed during football season.

Granada, Lamar, and Holly have issued invitations to our boys to scrimmage with their high school teams. Before gas-rationing went into effect, we took 100 boys out of camp to take part in this activity program, taking twenty at a time. They were picked from all classes and were required to bring their own shoes and other equipment.



Their fine spirits of fair play and ability have brought them additional invitations, which at present have been stopped because of transportation. Each group that has taken part in these scrimmages has been a different group, and each boy has played as much as any other boy.

Lack of equipment has been the main reason for a curtailed program. Health classes have been limited to discussions on general health problems around the camp.



REPORT OF THE BOYS  
HEALTH AND PHYSICAL EDUCATION  
DEPARTMENT Dec. 15, 1942 - Mar. 15, 1943

I HEALTH EDUCATION

The health education program for this quarter comprised twenty-four, hour periods. These periods were spent in developing three units. Namely, Physical Fitness for Winter, Winter Illness and Health Precautions, and Camp Health Rules.

- A. Physical Fitness for Winter
  - (a) Health attitudes
  - (b) Effects of Weather changes
  - (c) Clothes
  - (d) Food
  - (e) Exercise and activity
- B. Winter Illness and Health Precautions
  - (a) Common winter ailments
  - (b) General Precautions
  - (c) Health Services
  - (d) Personal Health care.
- C. Camp Health Rules
  - (a) The necessity of a common health practices
  - (b) Suggested Health rules for everyone
  - (c) Preventions and Precautions for good health
  - (d) Making a health chart

At the conclusion of these units a self test was given with each student evaluating himself.

II THE ACTIVITY PROGRAM

1. Intra-mural and Varsity.

Equipment:

- 4 Basketballs
- 1 Basketball court

Classes:

1st Period	48	divided into 6 teams
2nd Period	46	divided into 6 teams
3rd Period	76	divided into 8 teams
4th Period	29	divided into 4 teams
5th Period	52	divided into 6 teams
6th Period	56	divided into 6 teams



#### Schedule:

The Intra-mural program ran on the following basis:

Each team was given some practice time as the schedule was being drawn.

Each period played a round-robin schedule in order that a class champion might be selected. In doing this a total of 126 games were played with 96% of the boys competing, and 88% of the boys scoring 5 points or more.

At the conclusion of the schedule an inter-class play-off was conducted. This playoff was conducted on a two game elimination basis, and an all school champion declared. A total of 294 boys participated in this program. The champions will be awarded Indian Head emblems symbols of this achievement.

#### The Varsity Program:

We were able to rent the Granada High School Gym for basketball games with other schools, so it was decided to have a varsity basketball team. Seventeen boys reported for the "A" Squad, 23 for the "B" Squad, and 43 for the "C" Squad.

Practice was carried on on the outdoor court assigned to the high school boys. This made it necessary to divide the time and equipment among the three groups, which limited the time for each group considerably.

The Varsity "A" squad scheduled games with the following schools: Granada (4 games), Holly (4 games), Hartman (2 games), Wiley (2 games), and McClave (1 game). The "A" squad won 11, lost 2.

The "B" squad played the following schools: Granada (2 games), Holly (1 game), Hartman (2 games), Wiley (2 games). Winning all 7 games.

The "C" squad played the following schools: Holly (3 games), Hartman (2 games), Freshman (2 games), winning all 7 games.

The attitude of the players and spectators at all of these games has been exceptionally good. The boys have the respect and friendship of all their opponents, and their spirit of fair play and sportsmanship has won for them invitations to return. Transportation was the only handicap to their participating in games and tournaments in a number of near-by towns.



Their record proves their ability since there was no place for them to practice, except outdoors on a ground court. Their willingness and determination as shown by the fact they had to walk to most of their games at Granada proves their interest, and the importance of an inter-scholastic program.

The financial results of these games are interesting: The cost of the gym plus officials per game was \$11.00; in spite of this the boys department now owns:

20	Basketball suits	Cost	\$87.00
1	First Aid Kit	"	12.65
1	Timer	"	5.60
1	Score book	"	.35
1	Equipment box	"	.90
1	Coaster	"	.65

TOTAL \$107.15

#### The Saturday Program:

The W.R.A. rented the 2 gyms at Granada to be used on Saturdays by the school. The time for use of the gyms was divided between the Jr. High and high school. The Jr. High to use it in the mornings and the Sr. High in the afternoon. The girls to use one gym and the boys the other.

The average attendance at the afternoon sessions was 81 boys. This group attended even in spite of the fact that they had to walk to the gym a distance of  $1\frac{1}{2}$  miles. They were escorted by the members of the department.

The increase in interest, spirit, and moral can very definitely be seen throughout the school, and this program has meant a great deal in the development of healthy public relations toward these people.



QUARTERLY REPORT  
June 25, 1943

Boys' Health & Physical Education

I. Health Education

The health education program for the quarter was made up of 26 one hour periods. These periods were spent in developing the following units:

- A. How to be attractive
  - a. Skin
  - b. Hair
  - c. Nails and hands
  - d. Teeth
  - e. Posture
  - f. Clothes
  - g. Mental attractiveness
- B. Harmful substances
  - a. Drugs
  - b. Alcohol
  - c. Tobacco
  - d. Mental attitudes
- C. Infection and disease
  - a. How disease may be avoided
  - b. Immunity
  - c. Vaccination
  - d. The common cold
  - e. Tuberculosis
  - f. Heart disease
  - g. Other common ailments
- D. Safeguarding the senses
  - a. Eyes
  - b. Ears
  - c. Nose
  - d. Throat
  - e. Body odor and halitosis
- E. Thoughts and feelings
  - a. Health attitudes
  - b. Mental quirks to be avoided
  - c. Emotional strains and conflicts
  - d. Emotional maturity
  - e. Wholesome attitudes
  - f. Building morale



## F. Personality

- a. Personality tradework
- b. Why people like or dislike you
- c. Personality and a job
- d. Popularity
- e. Manners
- f. Social customs

At the completion of these units self-tests and personality ratings were given to each student.

The average daily attendance in all six classes was 95% during health periods and 98% during activity periods. The average enrollment was:

First Period	39
Second Period	35
Third Period	44
Fourth Period	27
Fifth Period	43
Sixth Period	36
Total Enrollment	224

I was able to hold a few private conferences for the purpose of helping some boys that needed corrective instruction. However, no plans were made to take care of this program because of the lack of facilities.

Each student kept track of his ailments and analyzed them relative to health improvement.

## II. The Activity Program

### A. Intramural

#### I. Basketball

At the beginning of this quarter the only equipment on hand was some basketball and one court. We therefore set up the various classes to play a second semester basketball championship league. Each period were divided into 4 Or 6 team according to size. The winner playing a championship tournament. To determine the inter-class champion. This was won by the 5th period class team with George Aoki as captain.

The captains were elected by their class and each captain chose his team from the roll. Every boy in class played on a team so participation this semester was 100%.



## II. Softball

At the conclusion of the basketball playoff. The classes were organized into softball teams and all boys were on teams. A league was set up and class champions determined. The school was enrolled in the American Softball Association League and play-offs are in progress to determine a school champion. The championship team will be awarded medals by the National Association.

There was 100% participation in this program. Before play started each team was given two weeks of preliminary practice and fundamental training. There was a total of 22 teams organized. A total of 240 boys participated in this program.

## III. Track

Four weeks of this quarter have been devoted to track and field activities, sprinting, broad jumping, high jumping, shot (8 and 12 lb.) and the discus, each boy is required to participate in at least 2 events. Records of his improvement are kept, and he knows if he knows if he is able to compete in varsity competition.

## IV. The Varsity Program

The varsity program will be limited to one inter-class track meet. This meet will be held June 23rd and is open to any high school boy. There will be 12 events as listed:

50 yd dash	high jump
100 yd dash	discus
220 yd dash	8 lb shot
440 yd dash	12 lb shot
mile	440 relay
broad jump	880 relay

There will be 5 places awarded the winners and ribbon awarded each. Places will score accordingly:

1st	--	5 points
2nd	--	3 points
3rd	--	2 points
4th	--	1 point
5th	--	no points, but a ribbon

There will be medals awarded the boy scoring the most points in each class level. Sophomore, Junior and Senior and A trophy to the class scoring the most points.

A small admission charge will be made to cover the expense involved.



The Student Council decided that a boy could earn his block "A" by earning ten points in this meet.

#### ACTIVITIES SPONSORED BY THE PHYSICAL EDUCATION DEPT.

The Boys' Physical Education Department sponsored a number of activities this semester. They are as follows:

The P. E. Dance which was open to the public and which netted \$19.00, and which was considered one of the outstanding dances held in camp.

The Boys' League was organized and set up in the following manner: The president was the boys' Vice-president of the Student Council. Each class in Health and Physical Education elected three representatives to a Boys' Council which in turn works with the officers to carry on the business of the organization of every boy in school. The officers as elected until September 1st are:

President:	Min Takata
Vice-President:	Miles Hamada
Secretary:	Kiyoshi Sanui
Treasurer:	Bob Umekubo

#### The "A" Club

The Varsity Lettermen Club was organized with the election of officers and initiation of 8 of the 11 letterman of the basketball season or charter members. The officers were:

President:	Mas Uyesugi
Vice-President:	Kiyoshi Sanui
Secretary:	Russel Yamaga
Treasurer:	Miles Hamada

The initiation ceremonies were held Wednesday evening, June 9th. Follow up ceremonies will be held June 16th and 18th, at which time the "B" and "C" members will be taken into the club. To be eligible for membership you must earn your varsity letter in sports.

The Lettermen Dance was held June 4th and \$14.91 was the net profit. This very lovely dance was sponsored to raise money for track awards and other expenses of the P. E. department.



The Sophomore party dance was held June 11th and was considered very successful about 100 sophomores attended. A clever program was presented and nice refreshments were served, with all having a good time.

The Senior High Track and Field Meet sponsored by the Boys' League will be held June 23rd.

#### The Homeroom Program

The second period class has 28 members:

4 Seniors  
1 Junior  
30 Sophomores

They elected a President (who is also their Student Council representative), Secretary, and Treasurer. A number of panel discussions have been prepared and presented. The most outstanding being on the following topics:

- I. How to get the most out of my school.
- II. How I can make my school better.
- III. What I can contribute to my school.
- IV. School manners and discipline.
- V. Democracy within the school.
- VI. My place in America and the war effort.

Routine matters have been taken care of such as announcements, Student Council reports and other general school business.



Mr. Hoke  
1943  
L4.0P

REPORT OF THE BOYS HEALTH  
and PHYSICAL EDUCATION DEPARTMENT

Sept. 15 - Oct. 1

Class Room Discussion:

The boys are spending three days a week in the classroom until Thanksgiving vacation. This time is being spent in a number of desirable discussions:

1. Care of School Property
2. Care of School Gym floor
3. Care of School Rest Rooms
4. Use of Showers
5. Fragility of the Building
6. General Organization
7. Care of Equipment
8. Interannual Program
9. Letterman Club
10. Touch Football
11. Class Room Organization
12. Physical Examination
13. First Aid

The first unit for group discussion, and the one being treated this week is: Health precautions, and how to avoid early season colds.

The classes have chosen their class officers and council representative. Enrollment as follows:

1st Period	.....	47
2nd Period	.....	63
3rd Period	.....	45
4th Period	.....	40
5th Period	.....	60
6th Period	.....	67

322

Activity:

The gym classes are actively engaged in playing volley ball, rope climbing, and touch football. At present they are choosing teams for class competition.

/s/J.C.Hoke



REPORT  
OF THE BOYS HEALTH & PHYSICAL EDUCATION DEPARTMENT

October 1 - 15, 1943

The boys physical education department has had six class room periods and four gym periods which have been spent in the following manners:

Health instruction:

The discussion of the present quarantine rules and general health precautions relative to seasonal ailments.

The discussion of the benefits of rope climbing and setting up exercise for physical fitness.

A discussion of volley ball as a physical development activity.

A discussion on the poor attitude relative to the lack of student cooperation in the performing of odd tasks around school.

A discussion on school spirit and how we must develop it.

The organization of touch football teams, and basketball practice groups.

Gym Activity:

The four periods were spent in the following manners. Each group have been given their rope climbing tests, and a total of 60 minutes of setting up exercises. Four class periods were used to set up chairs and put away. The remainder of the time was used in teaching basketball fundamentals.

We have had an average daily attendance of 97.4%. It is recommended that Kim Watanabe be excused from physical education, because of previous illness.

Jack Watanabe and Satoru Fukuda are doing unsatisfactory work.



REPORT OF THE HEALTH & PHYSICAL  
EDUCATION DEPT. FOR NOV. 1 TO 15.

HEALTH INSTRUCTION:

PERSONAL HYGIENE:

PERSONAL APPEARANCE.  
MENTAL ATTITUDE.  
SELF CONFIDENCE.

Four class periods were spent on these topics. Average attendance - 96.3%

PHYSICAL FITNESS PROGRAM:

ROPE CLIMBING.  
CALISTHENICS.  
TUMBLING.  
BASKETBALL.

Six periods have been spent in this program, with tests being given in Rope Climbing. Time tests will be given next week. (All boys participating.)

Fifteen minutes of each period was devoted to calisthenics, general, in nature, since clothing will not permit students getting on the floor.

Those boys interested in tumbling have had the opportunity to receive some instruction in flat mat work. (Equipment limits this program.)

Every boy enrolled in physical education is on a basketball team, and fundamental instruction has been given so that each boy will have a general knowledge of the game and how to play it. Team play will start after Thanksgiving vacation.

An intramural league of 24 teams has been organized, along with an officials club, which will give every boy in school who wants to play basketball a chance to play on a team. This league is composed as follows:

- "C" League.  
Composed of Freshman students only.  
4 entries.
- "B" League.  
Composed of Freshman, Sophomores, and Juniors.  
8 entries.
- "A" League.  
Composed of Junior & Seniors, and other classmen that feel they want to play in this competition.  
8 entries.
- "AA" League.  
Composed of Junior and Senior players, and others.  
4 entries.



There are 226 boys signed to play in this league. Games will be played after school, on Tuesday and Friday nights, and Saturday mornings.

Awards are as follows:

"C" Medals	60¢
"B" "	75¢
"A" "	\$1.00
"AA" "	\$1.50

All "A" and "AA" Games will be open to the general public with a slight admission charge to cover expenses.



REPORT OF THE HEALTH & PHYSICAL EDUCATION DEPARTMENT FOR NOV. 15 - 30.

HEALTH EDUCATION:

The past six class periods were used for a unit on personal appearance, for example: dress, care of the body, hair feet, general cleanliness, styles, and fads.

PHYSICAL FITNESS ACTIVITY:

General instruction were given in offense, and defense, for basketball. Teams for the class league were chosen, with A & B Divisions in the freshman and sophomore classes. A schedule for the class league was made up, and play will start on Dec. 1.

Time tests were given in rope climbing, and scores were taken in calisthenics.

ACTIVITIES SPONSORED:

Boys League Dance  
Intra-mural League formed (28teams)  
Organization of Officials Club  
Lettermans Movie and Party  
Pep Assembly (School song, cheer leader and sportcaster elected)



REPORT OF THE HEALTH & PHYSICAL EDUCATION  
DEPARTMENT FOR PERIOD ENDING DEC. 30th.

HEALTH INSTRUCTION:

The four class periods were spent in working out the details for a unit on "Being WELL Groomed".

Committees were selected to analyze each member of the class, and a self analysis chart is being made based on the opinions of each class member. This will be followed up in the coming weeks.

ACTIVITY PERIODS:

The instruction period has been completed and the first basketball games in the class leagues have completed.

The first of the intramural games were played on Tuesday night, December 1st.

ACTIVITIES SPONSORED BY P. E. DEPT.

The P. E. Dept. completed construction of the basketball backstops for the regulation playing floor and installed them.

The first varsity practice sessions have been held with 105 boys trying out for the three teams. These squads will soon be cut to about half.

Outside schools have been contacted for games to be played both outside and inside of camp. At present McClave, Wiley, Granada, Adams City, and Castle Rock, are the only ones scheduled.

Hoke



Dec 15, 43  
Hake

## AMACHE HI LEAGUE

### At Half Way Mark

Basketball at Amache Hi is the outstanding sport, with nearly every boy in High School participating in the game on some team. The High School is sponsoring four leagues which take care of the 26 teams that have been organized by the boys. These leagues are divided into four classes AA, and A for Junior and Senior boys, B for Sophomore and Junior boys, and C for the Freshman and Sophomore boys. These games are played on Tuesday and Friday nights before large crowds of students and local fans. Admission of 5 cents and 10 cents is charged for the three games. This money is used to pay for the equipment, awards, and expenses.

The officials' club, an organization of High School boys who meet to discuss and study the rules regularly, handles all games. These boys receive their letters for this service. They must meet the requirements and standards set up by the Physical Education department before they can qualify for membership in this club.

The fine sportsmanship and keen rivalry displayed by the teams has made Tuesday night one of the Highlights of the week for both players and spectators. The average attendance at the games has been 350 to 500 persons.

The league standings are as follows:

<u>AA</u>	<u>Won</u>	<u>Lost</u>
Golden Avalanche	3	0
P-38's	2	1
Toppers	0	2
20th Century	0	2

<u>A League</u>		
Globe Trotters	2	0
Calibers	3	1
Zombies	2	1
Mercuries	2	1
Easy Aces	1	2
Echoes	0	2
Rockets	0	3

<u>B. League</u>		
Fighting Foos	2	0
Zeros	2	0
Caliber	1	1
Echoes	1	2
Bombers	1	2
Esquires	1	2
Lances	0	1
Inmates	0	2



<u>C League</u>	<u>Won</u>	<u>Lost</u>
Sparkies	2	1
Sissies	2	1
Seinana	2	1
Midgets	2	1
Corsairs	1	2
Chumps	0	3



## HEALTH & P.E. REPORT

December 16, 1943

### HEALTH INSTRUCTION:

The four class days were spent on a health unit on the special senses (eyes). Test was given on eye hygiene. This unit covered:

- Eye care
- Eye Strain
- Eye Diseases

### ACTIVITY PERIODS:

During our activity periods:

- Class basketball games were played.

- Students take care of the scoring, officiating, and timing of all games. Special instruction is given those interested.

- Rope climbing tests were given, and 15 minutes of mass calisthenics twice a week.

### OUTSIDE ACTIVITY:

Letterman club met, Official Club met. 18 Intra-mural basketball games played. 2AA, 4A, 6B, 6C.

One Varsity game played with Wiley High School, with both A & B teams playing.



Boys

1944

REPORT OF HEALTH AND PHYSICAL EDUCATION DEPARTMENT  
PERIOD ENDING JANUARY 15

Health Education:

Our health classes for the past month have centered around our unit on "Physical Development." The students all developed a unit on this topic which was a summary of all health instruction for this semester.

Physical Activity:

Basketball and rope climbing were the two main activities this period since we wanted to complete our playing schedual in basketball and start our semester championship playoff. This tournament is under way with 12 teams competing and a class championship awarded to the winner.

Rope climbing tests were given with a new record set of 5.2 seconds by George Watanabe. Seventy-three per cent of the boys have improved their time and heights.

We are planning on starting our corrective health examination this semester. They will be given during activity periods three days a week.



SECOND SEMESTER PLANS  
1943-1944

Health Instruction:

Units will be developed on the following:

1. Public Health Services
2. Mental Hygiene
3. Health Examinations
4. Physical Standards
5. Safety in Athletics, First Aids

Activity Program:

1. Basketball--March 15
2. Rope climbing--March 15
3. Calisthenics--March 15
4. Bill work (special cases)
5. Tumbling--March 15
6. Softball--May 19
7. Track--May 19
8. Volleyball
9. Relays--Gym



REPORT OF THE HEALTH &  
PHYSICAL EDUCATION DEPT.  
for Feb. 1 to Feb. 15.

Health Program:

Physical Examinations, (Corrective) are being given to all boys. The repeat examinations are for check-up purposes. The health unit for this period covers Anatomy and Physiology. We are preparing the foundation for units in First Aid. The material covered in the past six days has been on the Anatomy of the body.

Activity Program:

We have formed new basketball teams for the class league with new captains. Captains were elected by vote, with the regulations that last semester captains were not eligible to head a team this semester.

The boys are being rated as officials, scorekeepers, timekeepers, and players. All boys must officiate at some games, as well as taking his turn as a scorekeeper and timekeeper. He is also rated on his ability as a player and his knowledge of rules.

Boxing is being introduced to those boys subject to induction.

Rope climbing tests are being continued.



REPORT OF LETTERMANS  
PARTY FEB. 10, 1944

The Letterman decided that the girls service organizations should be given some consideration and recognition for the fine work they have done during the semester. They were invited to a party dance held in Room 4, and the Homemaking dept. (The Mops, and Las Alegrias)

Committees in charge:

Russel Yamaga - Invitation

Archie Yoshida - Entertainment

Roy Hirai, Jun Furuno, Hank Shimada - Refreshments

Sponsor - J. C. Hoke

45 guest, Mrs. More, Mrs. Stegner, Miss Lewis, Mr. Hinman, Mr. Easton, Mr. Yokoi, and Mr. Kashiwabara reported the party a marked success.



HEALTH AND PHYSICAL EDUCATION REPORT  
ENDING March 17, 1944

Kobe

HEALTH PROGRAM:

The past quarter has been spent in a study of "First Aid".

Anatomy  
Physiology  
Injuries of the skin  
" " " muscle, connective tissue, and nerves  
" " " bone, ligament, tendon, and cartilage  
Fractures and Concussion  
General emergencies

ACTIVITY PROGRAM:

Our activity program brought to a close the basketball program. Physical fitness tests were given in rope climbing, push-up, knee flex, straddle, and hand over hand climb. Results were good. 90% of the boys showed an above average physical fitness and only 2% were below the accepted standard.

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SPRING PROGRAM

The following plans were made for the spring program:

Health Instruction: Topic "mental hygiene", and "getting along with people." Our text, Health problems would have been used as a basis for discussion.

ACTIVITY PROGRAM:

We planned to be out of doors as much as possible. Softball would be the activity since plenty of balls, masks, bats, and catchers mitts are available. Class leagues can be organized, and an inter-class schedule set up, with the intra-mural awards (in vault) presented the champions.

Track for those that are interested could be sponsored as a varsity activity with point winners at the inter-class meet qualifying for blocks. This is a charge affair. Last years receipts \$63.00 (records in filing cabinet).

Fitness test could be given in such events as the High jump, broad jump, 50 and 100 yard dashes, discuss, 8 and 12 lb. shots, standing broad jump to all students. The second annual softball tournament could be sponsored as a money raiser.



PHYSICAL EDUCATION REPORT  
(Boys)

Sept. 15, 1943 and Oct. 15, 1943

The boys in Physical Education have been playing touch football. Each class is divided into four teams, a regular round robin schedule is being played. At the end of the season the winner of each class will play a championship game to determine the championship of each grade.

Instruction is being given in the fundamentals of football and the rules governing a football game.

General class discussion has been carried on in regard to cleanliness and healthful living.

8th Grade Math

Working of the fundamental of mathematics was the main work taken up in math class the first part of the year. We have had practice work in decimals and decimal fractions. At the present time we are studying parallelograms finding of areas different types of figures.

8th Grade Science

The first unit is science to be taken up is the relation of the earth to other heavenly bodies.

Topics that were discussed are:

1. What is the earth?
2. What is the solar system?
3. What is the earth moon like?
4. Why does the moon seem to change its shape?
5. How do the moon and the sun cause tides?
6. How was our solar system made?
7. What is the nature of the universe?
8. How can we learn to name the stars?
9. How do the earth's movements affect us?
10. Why do we have seasons?

The group seems to enjoy science and have a great deal of interest.



PHYSICAL EDUCATION  
(BOYS)

Report Oct. 15 to Oct. 30, 1943

The past two weeks were spent in a continuation of football. The league games were completed, which will be followed by championship games next week. The boys showed a lot of interest in touch football, and have shown progress in the understanding of football fundamentals.

The next sport to be taken up will be speedball.

8th Math

Drills in addition and multiplication were given in fractions and decimals.

Areas of parallelograms, trapezoids, rectangles, and squares were taken up.

The use of formulas for problem solving were discussed, and their importance in problem solving.

8th Science

We finished the unit on the Relation of the Earth to Other Heavenly Bodies.

The class was divided into groups and a topic assigned to each group. The material was gathered from reference book in the library.

We will now take up the unit "How is the force of gravity useful to us".



PHYSICAL EDUCATION REPORT  
BOYS

Nov. 1st to 15th.

The Phy. Ed. program in the seventh and eighth grade have finished their football schedule and a very interesting championship game was held in both divisions. The score in both game being 6 to 0, which shows, the even distribution of players within the groups.

Basketball is the main sport being played at the present time. A regular intermural program will be carried on. Each class being divided into teams. There will be twenty-two teams competing for the championship.

8th GRADE MATH

Review work in the fundamentals was given to some of the group. We completed the work on areas, of different types of parallelograms. At present we are studying per cent, ways to find list price, net price, discount, etc.

8th GRADE SCIENCE

We have been studying the second unit in science. "How is the force of gravity useful to us?" Topics discussed were:

1. The effect of gravity
2. Gravity to measure materials
3. Gravity's affect on liquids

Several self-testing exercises were also given.



## PHYSICAL EDUCATION REPORT BOYS

Nov. 15 to Nov. 30, 1943

All the boys in Physical Education are now playing basketball. Each class has been divided into teams and each team has spent the past week practicing for the intramural games which are to start next week. We have also started practice in the evening, and we are planning on having several games with outside teams. Two more basketball goals were made and put into use, also part of the group have been playing ping pong.

### 8th Math

We have been studying discounts, net price, list price, and methods of finding each. We have also spent quite some time with per cent. Several quick drills were given at present. We are finding per cent of increase and decrease; in regard to rate of commission, amount of sales, etc..

### 8th Science

We have completed the unit on gravity and are now working exercises in their work books. As a mean of review of their unit, the class has shown a great deal of interest in their unit and several experiment were carried out by the group.



PHYSICAL EDUCATION REPORT  
BOYS

Dec. 1 to Dec. 30, 1943

Basket Ball is the main activity being played. The Intramural Teams are showing a lot of interest in Basket Ball. There are four teams from each class, playing each day. The Group not playing regular games are given practice in Fundamentals of Basket Ball and Pass Drills. On Wednesday from 4:00 P.M. till 7:00 P.M. the Junior High Boys practice Basket Ball in the High School Gym. There are better then 80 boys taking part in the evening program.

8th Grade Science

In Science we are studying the Unit on How does the Earth's Surface Change. Several experiments were carried out to give them a better understanding of subject matter.

Some of the topics discussed are:

1. How Rocks change into Soil.
2. How are rocks changed chemically, by air, and water.
3. How are materials carried from place to place.
4. How does water dig valleys and caves.

Several self testing exercises were also given.

8th Grade Math.

A great deal of time has been used in working with per cents. I feel that the class has a very good understanding of the methods using per cent.

We have also studied Profits, Overhead, Margin, Cost Price, and Selling Price.

We have spent some time on self-testing exercises.



HEALTH AND PHYSICAL EDUCATION REPORT  
ENDING March 17, 1944

HEALTH PROGRAM:

The past quarter has been spent in a study of "First Aid".

Anatomy  
Physiology  
Injuries of the skin  
    "      "      "      muscle, connective tissue, and nerves  
    "      "      "      bone, ligament, tendon, and cartilage  
Fractures and Concussion  
General emergencies

ACTIVITY PROGRAM:

Our activity program brought to a close the basketball program. Physical fitness tests were given in rope climbing, push-ups, knee flex, straddle, and hand over hand climb. Results were good. 90% of the boys showed an above average physical fitness and only 20% were below the accepted standard.

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SPRING PROGRAM

The following plans were made for the spring program:

Health Instruction: Topic "mental hygiene", and "getting along with people." Our text, Health problems would have been used as a basis for discussion.

ACTIVITY PROGRAM:

We planned to be out of doors as much as possible. Softball would be the activity since plenty of balls, masks, bats, and catchers mitts are available. Class leagues can be organized, and an inter-class schedule set up, with the intra-mural awards (in vault) presented the champions.

Track for those that are interested could be sponsored as a varsity activity with point winners at the inter-class meet qualifying for blocks. This is a charge affair. Last years receipts \$63.00 (records in filing cabinet).

Fitness test could be given in such events as the High jump, broad jump, 50 and 100 yard dashes, discus, 8 and 12 lb. shots, standing broad jump to all students. The second annual softball tournament could be sponsored as a money raiser.



# REPORT FOR THE PERIOD ENDING April 21, 1944

Donald F. Drummond

## Objectives:

- To develop good general health habits.
- To promote growth and coordination.
- To promote good attitudes between boys in their general social relationships.
- To understand elementary health functions.
- To provide the minimum of proper exercise.

## Materials:

- Bats
- Calisthenics
- Texts
- Demonstrations
- Mats
- Medicine Balls
- Mimeographed Information
- Soft Balls

## Methods:

### Health

Health teaching has been confined to bad weather days and has averaged two days per week. There has been during this period a continuation of elementary first-aid and care of wounds and of foods and how they are used by the body.

Both 7th and 8th grade classes have completed units on the "Structure and Functions of the Alimentary Canal" and on the "Care of the Teeth."

These units have been implemented by drawings, and discussions; and reports from many commercial pamphlets have been used.

Intra-mural softball leagues have been organized and two complete rounds have been played. As we expect better weather during the remainder of the school period, we intend that the program will be largely an outdoor recreational program with emphasis on competitive and individual sports.



PHYSICAL EDUCATION REPORT  
BOYS

January 1, to January 15, 1944

Basketball is still being played during Physical Education period. We have completed the first half of the basketball Intramural program. There has been some instruction given in the fundamentals of tumbling. Once a week calisthenics and other body-building drills are taken by the students .

The Junior High School basketball teams that are in the C league of the school Intramural program have made a good showing. At the present time, the Midgets are tied for the Division Championship. The Wednesday evening basketball program in the High School gym has proven very successful and the boys have shown their appreciation for the opportunity of playing in the gym. Health instructions were given in regard to accidents in this community and statistics revealed of accidents happening through out the United States in the past decade.

7th Grade Science

7-3 and 7-4

Pages 229-362

In the 7th grade science class, the Unit on How Magnets Work has been completed. Several demonstrations were put on in class by various students. Several self-testing exercises were also given.

Some of the topics discussed in this unit were:

1. Why do Magnetic Compasses Tell Directions?
2. How Is Magnetism Explained?
3. How Can We Make Magnets?
4. The Different Parts of the Magnets.

8th Grade Math

8-2

Pages 114-137

We have finished the study of Profits and Losses and Percentages. Several quick drill exercises were given in which the students showed a good knowledge of material covered. We have studied installment buying--advantages and disadvantages. We have started a unit on banking and its relationship to the community. The class discussion was carried on in regard to the opening of a checking account and a savings account at a bank. The importance of writing checks and endorsement of checks and identification were also discussed.



REPORT FOR THE PERIOD ENDING February 29, 1944

Objectives:

- To develop good general health habits.
- To promote growth and coordination.
- To promote good competitive attitudes.
- To understand elementary health functions.
- To provide the minimum of proper exercise.

Materials:

- Basketballs
- Calisthenics
- Texts
- Demonstrations
- Mimeographed Information
- Medicine Balls, etc.

Methods:

Health

Health teaching has been confined to bad weather days and has averaged two days per week. Instructions during this period has been in elementary first-aid in 8th grade groups, and the significance of vitamins in 7th grade groups.

Mimeographed materials taken from OCD releases have been the basis for the elementary first-aid instructions. Several commercial pamphlets, discussing vitamins have been used for the basis for 7th grade discussion.

In the 8th grade during the next two weeks, we shall continue discussing the "Care of Wounds." In the 7th grade, we shall study proteins; what they are, their importance, the human system, how they are used by the body, and in what foods proper amounts may be secured.

On all health days five to ten minutes of general calisthenics have been used.

Intra-mural and intra-class basketball games have been organized.

It is planned that the outdoor program will contain two days of softball and one day of basketball per week; in addition to which the gymnasium will be used from six until nine on Monday evenings to complete the basketball activity.

Donald F. Drummond



THE BOYS' HEALTH AND PHYSICAL EDUCATION  
PROGRAM FOR THE SECOND SEMESTER  
AMACHE SENIOR HIGH SCHOOL, 1943

Purpose:

The health and physical education program for boys of the Amache Senior High School for the second semester of 1943 will strive to develop, and coordinate health instruction with physical activity to expand the physical fitness program which started the first semester. It is desired to take advantage of all opportunities to be out of doors, taking part in vigorous exercise in the sunshine to tone their bodies for the increased activity of camp life.

The Instructional Program:

The classes for the second semester will be divided into two instructional groups (10 and 12) and (11 and 12). The formal health class for the 10th and 12th grade groups will center around nine units of 4 days each as follows:

- |                            |                             |
|----------------------------|-----------------------------|
| I. The Body                | VI. The Home and The Family |
| II. Food and Digestion     | VII. Home Medication        |
| III. The Skeleton          | VIII. Common Ailments       |
| IV. Body Energy            | IX. Home Care Of The Sick   |
| V. The Body Nervous System |                             |

These units are based on the text "Being Alive" (American Book Company) and will be supplemented with additional reference material. It is our plan to hold two health classes per week, and three activity classes, coordinated with an intramural program of sports activity. (Providing equipment is available.)

The (11 and 12) grade level health classes will center their formal health instruction on the following nine units:

- |   |                                      |
|---|--------------------------------------|
| I. Developing a Philosophy Of Fine Living | V. Health Habits                     |
| II. Health Science vs Superstitions       | VI. Avoiding Infections and Disease  |
| III. Building Better Bodies               | VII. Safeguarding The Special Senses |
| IV. Personal Hygiene                      | VIII. Getting Along With People      |
|   | IX. Health Service                   |



These units will be covered in four class periods, over a period of two weeks, supplemental material will be used to add to the learning experience involved. The basic text will be "Health Problems" (American Book Company). These units will follow each other closely, and give the pupil a foundation of general health conscientiousness which is the desired outcome of such a course.

#### The Activity Program:

The activity program will be centered around group activities (outdoor), with "Physical Fitness" as the main objective to be attained. Formal exercises as a preliminary step, and warming up activity, will be used. Basketball for all, will continue up to the last of March, since it is one of the finest (coordinative action) group sports in season. Track will be stressed, and softball will be introduced as the intramural activity. It is hoped that marching, relays, and touch-football might be used as disciplinary activities.

The most healthful aspect of the program, (until the Gym is available) is the fact that fresh air and sunshine are in abundance.

#### The Corrective Program:

It is hoped that this semester some attention can be given to some of the special cases that need help. When a place can be provided it is desired to weight, measure, and check some of the minor physical defects which have been obvious. However, until equipment and space is available little can be done.

#### The Intra-Mural Program:

For the second semester softball and track will be the intramural sports. Teams will be chosen within the classes, schedules will be drawn, and inter-class champions will be determined. In track events an A, B, C rating will be used as a measure of fair competitions.



# CLASS SCHEDULE

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	H.I. Pete	H.I. Pete	Ping Yuk	Ping Yuk	Ping Yuk	Office
2	H.I. Hoke	H.I. Hoke	Hoke	Hoke	Hoke	Office
3	H.I. Yuk	H.I. Yuk	Pete Ping	Pete Ping	Pete Ping	Office
4	H.I. Ping	H.I. Ping	Yuk Pete	Yuk Pete	Yuk Pete	Granada Gym - all
5	H.I. Hoke	H.I. Hoke	Yuk Pete Ping	Yuk Pete Ping	Yuk Pete Ping	Granada Gym all
6	H.I. Hoke	H.I. Hoke	Yuk Pete Ping	Yuk Pete Ping	Yuk Pete Ping	Granada Gym all

H.I. - Health Instruction

1st, 3rd, and 4th periods for consultation and assistance.





# Letter Award

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*This is to Certify that*

---

*has been awarded the*  
*School letter in*  
*for the season of*

---



Activities of the Health Oct  
and P.E. Department of  
the Junior High School. Mr. Hoke

L 4.12

The Health & P.E. department of the Junior High School has been developing a program of activities with one key note thought in mind, that of Physical - fitness.

The program is developed around activities which are seasonal and have satisfying results of an athletic nature. The various groups of boys which meet every period have been divided into teams according to size, experience, and ability. The activity used has been one centered around regulation football with a "touch", instead of a tackle, and an on-foot block instead of the regulation block, and the number of players on a team ranging from 6-10. instead of the regulation 11. This activity was chosen because so many boys are athletes and a complete non-athletic program would not satisfy the needs of the group.



The health program has been arranged so that groups of boys ranging from 17 - 34 in number meet one period a week. Units for discussion are community centered problems concerning general camp health, sanitation, climatic factors, housing and personal Hygiene. at present we are taking advantage of every nice day for outdoor activities, with Health instruction complementary.

C 4

J.C. Hobe



Nov 1 - 15 - 1942

Hoke

## Report of the Health & P.E. Department.

The Health classes are still revolved around the problems of the camp. Water, sanitation, weather, bathing, and class room dangers. General health practices can not be normal without water in the homes, mental health is also upset under the conditions which result with so many dressing in one room. Other problems of life in the camp have been discussed.

The students are working out their own health charts for their own use. New text books have been received and will be used for reference material.

Instruction in the formal exercises has been given relative to those used in the warm up periods, during the activity periods.



## Activity Period

Hoke  
Nov 1 - 15

The intra-mural program is under way. with 4 teams representing the 7th grade, ~~and~~ 4 teams the 8th grade, and 6 teams the 9th grade. Under the original set up every boy was to participate, but with a change in the policy relative to awards a change was necessary. as a result only 124 boys will take part in the program with the games played during the noon hour and after school.

The boys chose their own teams which resulted in the teams being composed of only the best players, or players from the same towns. This is not desirable, and an unhealthy situation has developed. Other problems which have developed are the problems of officials, lack of equipment, ect. The schedule will close with Thanksgiving.



Nov. 15 to Dec. 1, 1942.

Mr. Hoke

## Report of the Health & P.E. Department of the Jr. High School.

The past two weeks in the junior high school have been devoted to the completion of the football activity, and intra-mural league playoffs. The class championships were won by the following teams 7<sub>2</sub> of the seventh grade, 8<sub>4</sub> of the eighth grade, and 9<sub>3</sub> of the ninth grade. In the entire schedule only four games were forfeited. A play-off was necessary in the eighth grade as two teams finished the schedule in a deadlock.

Health classes were evolved around a study of changing weather, clothes, and health practices, relative to first-aid, health services, and preventive measures for the prevention of colds, and other early winter diseases.

Proper clothing, protection from drafts, and the danger of over-heating from sitting too near the



stoves, were discussed.

Danger from gas, from the coal burning stoves, and loose chimneys was demonstrated, and what to do in case of such accidents was also a topic of conversation.

Today we are starting a new series of activities: Tumbling, Boxing, and Soccer will use our time for the coming four weeks.

John C. Hoke



Amache Jr. High. Kahler  
Physical Education Report  
Dec 1st to Dec 15<sup>th</sup>

The Physical Education activities are divided into three parts, Tumbling, Boxing and Soccer. These activities have a warm-up procedure and a schedule to follow each day.

The following procedure has been carried on in each activity

A. Tumbling.

I Exercises (warm up)

- (a) arm swing exercise.
- (b) finger exercise
- (c) back exercise
- (d) arms making circles at sides.
- (e) track exercise (toes and between legs)
- (f) neck exercise.
- (g) leg exercise
- (h) dips or push ups.

II. Tumbling (fundamentals)

- (a) forward rolls.
- (b) back rolls.



## I Tumbling (Cont)

- (c) Dine rolls
- (d) head stand
- (e) squat hand balance
- (f) Shoulder rolls

The warm up exercises take half of the period and the last half is used for learning and practicing fundamental tumbling.

only three classes have learned the shoulder roll. There has been a great improvement in each class since the beginning.

## B. Boxing

### I Warming up exercises

- a. Running around track 3 times
- b. imaginary rope jumping
- c. neck exercises
- d. abdominal exercise (10 times)
- e. Push ups 10 times

## II Stance

- (a) types according to height
- (b) feet 14" to 18" apart according to height
- (c) Chin + left shoulder.
- (d) Guard.
  - 1 left arm
  - 2 right hand off right side of Jaw.



## Boxing (Cont)

### III. Punches.

#### (a) Jabs.

1. Straight
2. snap makes punches more effective

#### (b) Right Cross

##### 1. types

a. to face

b. to mid section

##### 2. straight

##### 3. throwing from guard position

## C. Soccer.

### I First week.

a. explanation of soccer.

b. discussion of rules.

c. Game technique

### II Second week

a. first part of period

1. discussion of game procedure

b. second part of period

1. Practice



The Health program being carried on in each class consists of the following:

- A. Discussion of proper way to dress for Class room & play ground.
- B. Importance of reporting to a doctor or health nurse at the first sign of any suspiciously ill or injured person
- C. Protection of communicable diseases yourself & others.
- D. Being healthy to take part in physical activities
- E. Ways to keep growing physical & mental.



Amache JK High  
Dec 15 to Jan 1<sup>st</sup> 1943

Physical Education  
Report

Cliff Stahl



Omache J.R. High

## Health Report

From Dec 1<sup>st</sup> to Jan 1<sup>st</sup>

The following topics were discussed  
in Health Class.

1 Services that help us to keep well

a. Doctors

b. Dentists

c. Nurses

d. Hospitals

e. Public Health nurse

2 Cause of most common diseases

3 Aid to your community in control of wide  
spread epidemics

4 Some responsibility for prevention of  
communicable diseases that are not  
so wide spread

5 Reasons for good digestion of food.

a) Eating habits

b) Eat a comfortable volume of food at one time

c) avoid harmful irritating substances  
in food

d) Use of chemical laxatives & stimulants

e) Elimination of waste

6 Work of alimentary Canal.



Amache ER High  
Physical Education Report  
From Dec 15 to Jan 12

The activities carried on were Tumbling, Boxing & Soccer. In each activity a definite procedure was carried out.

The Tumbling Class showed a great deal of improvement and are ready for advanced tumbling. But due to limited mats the Class has very little chance for advancement. We would like very much to continue the advancement of this group and put on a tumbling Program.

The Boxing Class have also shown good improvement and from indications there are good possibilities to develop a number of outstanding Boxers. The boys taking Boxing show a great desire to learn the fundamentals of Boxing & a intent to put on an exhibition some time soon.



The Soccer Class Continued to Play Soccer. The Part we tried to carry out in this class was to give them the fundamentals & rules of the game by actual play, which proved to be fairly successful.

The last part of the week we gave each student a chance to change the activity he was taking. Tumbling, Boxing, Soccer, & Basketball are the activities offered for the next 4 weeks when changing these groups we kept in mind the size of the class, the student's ability to carry the activity he liked & his attitude toward the class.

The Boxing & tumbling classes were limited to 12 members in each class there by relieving the congestion in the Rec Hall which was a drawback to the efficiency of the program.



Some of the disadvantages of the  
present set up are: Because of distance  
between I.B. 9L Rec Hall and play ground  
and the fact that the dependence of  
some of the helpers does not exist  
a efficient supervised program cannot  
be carried out. However I hope these  
disadvantages may be worked out in  
the near future



Boy's Physical Education  
Report.

Jan 1<sup>st</sup> to 15<sup>th</sup>

CW Kahler



# Physical Education Report

Jan 1<sup>st</sup> to Jan 15<sup>th</sup>

The new activity "Basket Ball" was started and a great deal of interest is being shown, a Basket Ball court was put up at 81<sup>st</sup> Play ground, and one goal it is being used, The first part of the period is used for warm up, goal shooting, Pass drills, etc. The class is then divided into teams & the boys spend the rest of the period playing. In the large classes, the group is divided & a game played using one end of the court for each group. If ~~one more~~ court & a couple of more Basket Balls could be had, a better program could be carried out. In this way we could keep a larger number of Boys busy & increase their interest.



We also have two classes of Soccer. This group of ~~Boys~~ made up of 7<sup>th</sup> + 8<sup>th</sup> Grade Boys. There is not a lot of interest in Soccer at this time But due to the limited Basket Ball + Basketball Courts, the game is played so as to keep a number of the boys busy that otherwise would have nothing to do.

The Boxing class has been discontinued for the present time.

The tumbling class continues to make advancement and there is a great deal of interest among the boys taking tumbling. However if more mats could be had. I feel that this class would prove more interesting to the group.

at the present time the Boys are showing good interest in the Acrobatic Program.



The next two week the same activities will be given, with more advanced drills, + fundamentals being the main purpose in mind. We are also striving to improve the divisions of groups in the after noon classes.



# Physical Education Health Program.

The following topics were discussed  
in Health classes.

## I The Problems of safe water.

- (a) ways of making water safe.
- (b) water supply in the country.
- (c) water supply in villages, cities, & towns.
- (d) Disinfectants in sea water.
- (e) Purity of water.
- (f) Temperatures in water and distillation.
- (g) Connection between water supply & health.

## II Eating Habits.

- (a) Sensation of hunger and its cause.
- (b) Volume of food & time of eating.
- (c) Imitating substances in food, chemicals, etc.
- (d) Stimulus & Excretion.
- (e) Digestion & absorption.
- (f) Public eating places.



Topics to Be discussed next two weeks are.

## I Good Teeth or Bad.

- (a) Life History of Teeth
- (b) care of teeth

## II Heart and Circulation

- (a) Circulatory system
- (b) care of the Heart

## III Disposal of waste.

- a) Individual Responsibility
- b) Disposal of waste in cities
- c) Need for co-operation



Physical Education  
Report

Jan 15<sup>th</sup> to 30<sup>th</sup>

Ch Kahler



# Physical Education Report

Jan 15<sup>th</sup> to 30<sup>th</sup>

The activity program has improved a great deal the past two weeks. The boys have shown a great interest in Basket Ball. The morning class are better organized than the afternoon group. This is due to a smaller number taking Phy. Ed. in the morning. However being the mornings are rather cold we don't feel that the group is getting all they could out of their Basket Ball practice.

There has been some difficulty in organizing a smooth running program for the afternoon class. This is due to the large groups in these classes, and the fact that some groups do not meet the same time each day, also there is a great variation in the size & ability of these groups. Due to a limited amount of equipment and help it is impossible to keep all of the groups busy all period, and



at the same time help those with little ability to learn the fundamentals of Basket Ball.

We have been striving to keep as many boys busy as possible during their P.E. period.

The past two Saturdays we have taken a group of boys to play basket ball at the Granada gym. A lot of enthusiasm on the part of the boys has been shown.

We are also holding Basket Ball practice after school for those boys that are interested. This group of boys are divided into three groups. 9<sup>th</sup>, 8<sup>th</sup>, + 7<sup>th</sup>. At present we have over 90 boys practicing after school.

The 9<sup>th</sup> grade team is playing the St. High C team a 5 game series. The winner being the team winning 3 games out of 5. It is also planned to work out a schedule for the 7<sup>th</sup> + 8<sup>th</sup> Grade team.



## Report on Saturday's Game at Granada. 1/30/43.

On Saturday morning a group of 40 boys from the Jr. High played Basket Ball at Granada. The 9<sup>th</sup> grade team played the Amache Sr. Hi C team and won by a score of 26 to 19. 20 boys saw action in this game, each boy having the opportunity to play about the same length of time.

While this game was going on the 7<sup>th</sup> & 8<sup>th</sup> grade teams practiced in the other gym. The 7<sup>th</sup> & 8<sup>th</sup> grade then played the Lamar Jr. High, winning by a score of 19 to 14. In this game we also gave each individual a chance to play. The boys were very enthusiastic over their game & showed very good sportsmanship. The Lamar boys enjoyed the game & seemed very interested in being able to play this game. They complimented on the good sportsmanship shown by the Amache boys.

They were also interested in scheduling other games with us.



# Physical Education

## Health Report

Jan 15<sup>th</sup> to 30<sup>th</sup>

We have been trying to work out a health program where by each student will be able to have health class twice a week. Some of the difficulties in working out such a program are: Being able to take care of the group not taking health, other teachers having health classes once a week, could not arrange their schedule to accommodate these classes twice a week. Boys & girls together in some classes & not others.

The past week we have been giving the Gates & Strong health test. We have planned to give the test to all the 7<sup>th</sup>, 8<sup>th</sup>, & 9<sup>th</sup> grade groups. Using this as a means to find out what we should teach in these classes. There seems to be interest among the group on the outcome of the test. So if its possible to have these tests graded immediately we feel we could accomplish a lot by the use of the test.



Physical Ed. & Health  
Report

March 1st to 15th

Mr. C. Kahler

Asst. Frank Endo



Mr. C. Kalher

P. E. & HEALTH

Report - March 1st to 15th

The arrangements of classes the second semester is proving to be more satisfactory. The larger percent of the boys seems more satisfied because they have more of an opportunity to take part in the activity program. At present the groups playing basketball are divided into teams of seven members each, every teams plays each of the other teams twice to determine the winner.

The boys are very interested in this arrangement. The members of a team that are not playing that day's schedule are keeping score, time, and taking turns refereeing. This gives each member of the class a chance to be responsible for all parts of the game.

At the present time there are four tumbling classes for the advanced tumbling and these groups are showing a great deal of interest.

The boys enjoyed their trips to the Granada Gym on Saturdays. A total of 163 boys attended these Saturdays session one time or more.

The Jr. Hi. 9th grade basketball team proved to be too much for the Sr. Hi. C team on Friday evening at the Granada Gym defeating them 29 to 16.



(cont.)

The Health Program

The second semester Health program is being held twice a week. The past two weeks we have spent on the Unit 'Food Problems' which included the following:

Production of Food.

Preservation of Food.

Protection of Milk.

Adulteration of Food.

Accidental Food Contamination.

Cleanliness in Stores and Eating Places.

Problems of Choosing and Serving Food.

Essentials of Healthful Diet.

Good Nutrition for all.



Boys Physical Education  
Report

March 15<sup>th</sup> to April 1<sup>st</sup>

W. Kahler



# Physical Education

## Report

March 15<sup>th</sup> to April 1<sup>st</sup>

The intramural program of basket ball was continued and is being drawn to a close. The teams were well matched, there being very little difference in the scoring ability of each team. A great deal of interest was shown by the boys and a large percent of them had the opportunity to referee, keep score, keep time. They were ~~very~~ dependable in regard to refereeing, keeping score, etc. The group cooperated very well.

The tumbling classes also were interested in their work, showing a lot of improvement.

The present plan is to complete the basket ball schedule, then take up volleyball + soft ball. We are hoping the soft ball diamond will be completed soon so this



Program can be carried out.

Because of the shortage of help.  
the tumbling program will be discontinued  
for the present time.

### Health instruction

The unit on "Food problems" was completed  
and a test covering the unit was given.

We are now taking the unit "Problems  
arising from the use of Alcohol, Tobacco  
and Drugs"



Physical Education

Report  
April 7<sup>th</sup> to 15<sup>th</sup>

C. W. Kahler



Physical Education  
Report  
April 1<sup>st</sup> to 15<sup>th</sup>

The basketball schedule was completed the first week of April. The boys enjoyed the season of basket ball and great deal of interest was shown throughout the season.

The second semester intramural program was a big success. The teams were divided fairly even, Each team having lost at least two games.

We are now playing soft ball. an intramural program is also being carried on in this sport. The Classes are divided into 4 teams from each class. Two teams play each day. Those not playing a regular game. have the opportunity to play basket ball, Boxing or play catch.

On Friday April 9<sup>th</sup> a group of triumpers were taken to Hally, Cal. to take part in a



program sponsored by the Hally F.F.A. Boys.  
the group put on a very good performance,  
and were highly complimented by the audience.

on Monday April 12<sup>th</sup> a group of 7 tumblers  
put on part of the J.K.K. assembly program.  
we felt this group of tumblers should be complimented  
on their participation in these performances

### Health Report.

The unit on Alcohol was discussed  
in the 9<sup>th</sup> & 8<sup>th</sup> grade classes. Topics discussed were.

1. why do people drink alcoholic beverages.
2. arguments for alcoholic drinks.
3. Social effects of alcohol.
4. Physiological effects of alcohol.
5. Psychological effects of alcohol.
6. Reasons for not drinking.

Next week we will take up the topics of Tobacco  
and Drugs. discussing the reason for the use  
of each and the effects of each.

The unit on importance of vitamins was studied  
by the 7<sup>th</sup> grade. discussing the source & division  
of vitamins. Importance of all vitamins for  
a healthy body.



Physical Education

Report

April 15<sup>th</sup> to May 1<sup>st</sup>

Ch. Kahler



# Physical Education Report.

April 15<sup>th</sup> to May 1<sup>st</sup>

The softball intramural program is being continued and a great deal of interest is being shown by the boys. The cooperation of the groups is very good. They are showing more of a desire to help one another & take a more active part in the activities. This is tending to develop leadership within the group.

Part of the time was spent in the class room studying & discussing the rules of soft ball. A very large percent of the boys are interested in softball. Those not interested in playing the game, are given the opportunity to play Basketball or Boxing.



Under the new set up it is being planned  
to take up some of the events of track in  
addition to softball.



Physical Education  
Report.

May 1<sup>st</sup> to May 15<sup>th</sup>

C. W. Kahler



# Physical Education Report

May 1<sup>st</sup> to May 15<sup>th</sup>

All Classes are showing more & more interest in Soft Ball. Every boy in JR High is a member of a Soft Ball team. Each period is divided into teams and a regular schedule is played. At the end of the schedule it is planned to have the winning teams of each grade play to determine the Championship of their grade. We are also planning for the winner of the ninth grade division to play several games with a team from the High School.

Some interest is being shown in track and instruction in some of the events has been given.

The two fellows helping in the Phy Ed Dept. are doing a swell piece of work and should be complimented on their cooperation.



Physical Education  
Report  
May 15<sup>th</sup> to June 1<sup>st</sup>

W. Kahler



# Physical Education Report

May 15<sup>th</sup> to June 1<sup>st</sup>

Softball is still being played during activity period. The boys are very enthusiastic about the out come of the triange, which will be drawn to a close next week.

The winners of the 1<sup>st</sup> & 4<sup>th</sup> period classes will play for the Championship of the seventh grade. The 3<sup>rd</sup> & 6<sup>th</sup> period classes will play for the eighth grade Championship, and the 2<sup>nd</sup> & 5<sup>th</sup> period classes will play for the ninth grade Championship.

after the Championship games are played, an all star team will be picked from each grade. a record is kept of each days games & what each individual does. These facts will be used in picking an all star team.

We are also planning to play several games with the Sr. High School next week.

Most of the time in Health classes was spent discussing First Aid & Safety Rules.



Physical Education  
Report  
June 1<sup>st</sup> to 25<sup>th</sup>

Clarence Kohler.



Physical Education  
Report.  
For June 1<sup>st</sup> to 32<sup>nd</sup>

Softball was the main activity during June. There were twenty teams taking part in Softball, and a full schedule was played. At the end of the schedule the winning teams from each period were matched according to grade, and a regular game played to determine the championship of each grade. The boys showed a great deal of interest through out the season. An all star team was also chosen from each grade.

The cooperation of the boys and their sportsmanship showed a great deal of improvement from the first of school.

A health test was given to each student enrolled in Phy. Ed. & Health. The larger percent. done very well on the test.

Kahler.



ANACHE JUNIOR HIGH SCHOOL  
HEALTH AND PHYSICAL EDUCATION

THE COMMON COLD

- I. Caused by
    1. Germs too small to be seen with the naked eye.
  - II. Spread by
    1. Coughing
    2. Sneezing
    3. Talking
    4. Pencils, books, towels, drinking glasses, dishes, and other articles handled by persons having colds.
  - III. Caught generally by
    1. Everyone, once in a while
    2. Most people, 2 or 3 times a year
  - IV. Caught more easily when one is
    1. Chilled
    2. Unduly exposed
    3. Overtired - resistance low
  - V. Forerunner of
    1. Pneumonia
    2. Ear trouble
    3. Sinus trouble
    4. Bronchitis, etc.
  - VI. Prevented by
    1. Avoiding crowds when crowds are prevalent.
    2. Avoiding people who have colds.
    3. Avoiding articles handled by people having colds.
    4. Avoiding becoming chilled, wetting feet, exposing self needlessly, becoming unduly fatigued.
    5. Keep your rooms well ventilated.
    6. Take your wraps off once indoors.
    7. Keeping vitality high--  
Be in good physical condition
      - A. Exercise often, preferably in the fresh air.
      - B. Bathe regularly.
      - C. Eat well.
      - D. Sleep at least 8 hours - 9 hours is preferred.
      - E. Be cheerful and pleasant.
- Colds are generally an indication of lessened physical condition.
- VII. Treated by
    1. Go to bed - rest - at first indication.
      - A. Scratchy throat - sore throat
      - B. Headache
      - C. "Feeling ill"
      - D. Fever, etc.



- E. Hoarseness
- 2. Go to the School Nurse or to the doctor. Do not try to treat yourself.
- 3. Do not expose yourself any longer--
  - A. To people
  - B. To weather (chills - cold, etc.)
- 4. Eat the proper nourishing protective foods.
  - A. Drink a lot of water.
  - B. Avoid too much of greasy foods and sweets.
  - C. Foods rich in Vitamin "A" are helpful:
    - a. Milk
    - b. Cream
    - c. Eggs
    - d. Butter
    - e. Fruits
    - f. Leafy green vegetables

VIII. Remember

- 1. Cure your cold.
- 2. They are dangerous - especially when accompanied by
  - A. Chills and fever.
  - B. Pain in the chest, ears, or face.
  - C. Rusty or bloody sputum.
  - D. Shortness of breath.
  - E. Persisting cough, hoarseness, or other symptoms
- 3. Have the Nurse or Doctor treat you.
- 4. Rest - go to bed.

Morris Soglow  
Health & P.E. Advisor



AMACHE JUNIOR HIGH SCHOOL  
HEALTH AND PHYSICAL EDUCATION

TO ALL MEMBERS OF THE DEPARTMENT STAFF

I. Under Normal Conditions

1. The main purpose of a department of health and Physical Education

A. Aid in the development of

- a. Healthy bodies - personal fitness
- b. Healthy habits of living
- c. Social skills useful in everyday living
- d. Physical skills useful in recreational living, etc.

II. Under Existing Conditions

1. We must do our share in keeping our boys and girls well.

Our Block SH houses approximately 1800 people, and it is built for only 250.

A. Route to the School Nurse all needing help

- a. The ill
- b. The suspiciously ill
- c. The injured

B. Advise boys and girls on "How to Dress for Winter in Amache".

C. In the classroom pay close attention to

- a. Proper heating
- b. Proper ventilation  
Make it a mechanical practice
- c. Cleanliness  
Stoves - Floors, etc.
- d. Wraps off once indoor  
Wrap off and hung up

D. Assist with the sanitation

- a. Washrooms  
Coach boys and girls as they need it.
- b. Grounds  
Cleanliness  
Safety

Morris Seglow  
Health & P.E. Advisor



AMACHE JUNIOR HIGH SCHOOL  
HEALTH AND PHYSICAL EDUCATION

THE COMMON COLD

- I. Caused by
    1. Germs too small to be seen with the naked eye.
  - II. Spread by
    1. Coughing
    2. Sneezing
    3. Talking
    4. Pencils, books, towels, drinking glasses, dishes, and other articles handled by persons having colds.
  - III. Caught generally by
    1. Everyone, once in a while
    2. Most people, 2 or 3 times a year
  - IV. Caught more easily when one is
    1. Chilled
    2. Unduly exposed
    3. Overtired - resistance low
  - V. Forerunner of
    1. Pneumonia
    2. Ear trouble
    3. Sinus trouble
    4. Bronchitis, etc.
  - VI. Prevented by
    1. Avoiding crowds when crowds are prevalent.
    2. Avoiding people who have colds.
    3. Avoiding articles handled by people having colds.
    4. Avoiding becoming chilled, wetting feet, exposing self needlessly, becoming unduly fatigued.
    5. Keep your rooms well ventilated.
    6. Take your wraps off once indoors.
    7. Keeping vitality high--
      - Be in good physical condition
        - A. Exercise often, preferably in the fresh air.
        - B. Bathe regularly.
        - C. Eat well.
        - D. Sleep at least 8 hours - 9 hours is preferred.
        - E. Be cheerful and pleasant.
- Colds are generally an indication of lessened physical condition.
- VII. Treated by
  1. Go to bed - rest - at first indication.
    - A. Scratchy throat - sore throat
    - B. Headache
    - C. "Feeling ill"
    - D. Fever, etc.



- E. Hoarseness
- 2. Go to the School Nurse or to the doctor. Do not try to treat yourself.
- 3. Do not expose yourself any longer--
  - A. To people
  - B. To weather (chills - cold, etc.)
- 4. Eat the proper nourishing protective foods.
  - A. Drink a lot of water.
  - B. Avoid too much of greasy foods and sweets.
  - C. Foods rich in Vitamin "A" are helpful:
    - a. Milk
    - b. Cream
    - c. Eggs
    - d. Butter
    - e. Fruits
    - f. Leafy green vegetables

VIII. Remember

- 1. Care your cold.
- 2. They are dangerous - especially when accompanied by
  - A. Chills and fever.
  - B. Pain in the chest, ears, or face.
  - C. Rusty or bloody sputum.
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TEST

Name \_\_\_\_\_

Date \_\_\_\_\_

Mark plus in front of the questions if true.  
Mark O in front of the questions if false.

1. \_\_\_\_\_ All activities such as walking, running with dog, playing ball requires energy.
2. \_\_\_\_\_ Games such as basketball, football - etc. should be played after lunch.
3. \_\_\_\_\_ People who do indoor work usually have larger appetite than those who work hard outdoors.
4. \_\_\_\_\_ Appetite does not tell you everything about food you need.
5. \_\_\_\_\_ Calories are spent everytime a movement is made.
6. \_\_\_\_\_ The less vigorous the movement, more calories are needed.
7. \_\_\_\_\_ The best way to divide calories is to give the largest amount to your supper.
8. \_\_\_\_\_ To build a pound of body fat requires about 4000 calories.
9. \_\_\_\_\_ Coffee and tea with milk and sugar yield no calories.
10. \_\_\_\_\_ A mixture of substance in foods is the best source of power for people who live in the temperate zone.
11. \_\_\_\_\_ Starch is a carbohydrate.
12. \_\_\_\_\_ Carbohydrates are cheap and plentiful in most parts of the world--it often forms the bulk of the peoples diet.
13. \_\_\_\_\_ White of the egg is practically pure protein.
14. \_\_\_\_\_ Fats supply more energy than carbohydrates.
15. \_\_\_\_\_ Carbohydrates are formed in the green parts of the plants from the carbon dioxide of the air under the influence of the sun's ray.

ANSWER THE FOLLOWING QUESTIONS

1. What is the source of energy? \_\_\_\_\_
2. Where do we get the fuel to keep our body running? \_\_\_\_\_
3. To build a pound of body fat requires about how many calories?  
\_\_\_\_\_.
4. Name 3 different types of food rich in calories. \_\_\_\_\_



5. Name 1 food very low in calories. \_\_\_\_\_
6. What is energy measured by? \_\_\_\_\_
7. In India, Japan, and China very little meat is eaten by the majority of the people. What do they eat from which they get power to work. \_\_\_\_\_
8. Name 3 elements of which Carbohydrates is made. \_\_\_\_\_  
\_\_\_\_\_
9. Name 3 foods rich in Carbohydrates.
10. What important element is in protein that is not present in Carbohydrates? \_\_\_\_\_
11. Name 3 good sources of protein. \_\_\_\_\_
12. What is the white of egg called? \_\_\_\_\_
13. The best diet supplies protein from what two sources: \_\_\_\_\_  
\_\_\_\_\_
14. Fats are made from what 3 elements? \_\_\_\_\_
15. What two drinks without sugar & milk contain no calories? \_\_\_\_\_  
\_\_\_\_\_

16. MULTIPLE CHOICE. Check the correct answer (x)

1. You need the most calorie when you are (1) lying down  
(2) swimming  
(3) walking
2. A good dessert for a person who is keeping his weight down is  
(1) baked apple  
(2) a peach  
(3) a piece of apple pie
3. Eskimos in the cold North eat lots of (1) meat  
(2) vegetable  
(3) sweets
4. An important element present in protein and not present in Carbohydrates is -  
(1) Phosphorus  
(2) Oxygen  
(3) Nitrogen
5. Games to be played after dinner should be  
(1) Ping Pong  
(2) Basketball  
(3) Chinese checkers



Page 3.

6. Which supplies the most energy
- (1) Fats
  - (2) Carbohydrates
  - (3) Protein
7. We get fuel to keep our bodies going from
- (1) Exercise
  - (2) Food
  - (3) Water

PLEASE DISCUSS THE FOLLOWING QUESTIONS.

1. Why do some activities make you more tired than others even though they do not require as many calories?
2. Why is fat & carbohydrate different in appearance, taste, and food value although the same elements are present?
3. Carbon dioxide and carbon monoxide contain the same elements, but what is the difference between them and why?

Answers:



AMACHE JUNIOR HIGH SCHOOL  
December 24, 1942

WINTER WEAR FOR WINTERY DAYS

What The Well-Dressed Junior High School Girl Will Wear This Season:

Undies

Knitted vests  
Snuggies (Knitted shorts)  
Slips

Outer Clothing

Sweaters  
Skirts  
Slacks on snowy days  
Heavy coats and Jackets  
Knitted Caps  
Scarfs  
Mittens  
Ear Muffs  
Knee length socks

Boots in snowy weather  
Heavy shoes in dry cold weather  
Snow Suits for sports wear

What The Junior High School Boy Will Wear in Amache:

Underwear

Longies preferred to shorts and gym shirts  
(Woolens preferred to cottons)

Socks (Woolen)

Shoes (High Shoes and Boots)

Pants (Long - corduroy and heavy cloth)

Shirts (Woolen or heavy cloth preferred to cottons)

Sweaters (Heavy long-sleeved woolen material)

Scarfs (Woolen)

Lumber Jackets and Heavy Overcoats (If they reach the knees, they  
shed the winter breezes)

Woolen mittens preferred to finger gloves

Suggestions For Wearing Clothing:

1. Take your wraps off indoors.
2. Be sure and put on your wraps if you step outside to next class or to the washroom.



WAR RELOCATION AUTHORITY  
Granada Public Schools

HEALTH and PHYSICAL EDUCATION

A Plan for Attaining Physical Fitness of School Children

Outline of Chronological Steps

Preliminary

Establishment of a "mind set"

An idealism for health - A health consciousness

1. Medical evaluation - Inventory

A. Examinations

Medical - Dental - Sight - Hearing

B. Accompanied by

Immunization attentions

Small pox, diphtheria, whooping cough, etc.

Tuberculin Testing

2. Physical fitness inventory

A functional test of strength, endurance and skill to determine the degree of fitness.

3. Correction (immediate) of all remedial defects

Family follow-up based on results of examinations and tests.

This phase of the program to be started before participation in any vigorous activities.

4. The program

A. Class instruction (for A and B group)

Gymnastics

Games and sports

Rhythmic activities

Co-recreation

B. Health Instruction

C. Modified or corrective (for C group)

D. Extended program - After school hours

Intra-mural competitions for both boys and girls

Inter-scholastic athletics

Co-recreation programs

Social hours - field days, etc.

Use of community resources in leisure hours

5. Re-evaluation

Periodic medical and functional health examinations (annually)

To determine

Remedial defects still present

The degree of Physical Fitness attained

The need for program adjustments



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