EXPLAIN SYSTEM OF PHYSICAL TRAINING

Booklet Written by Winnetka School Leaders Gives Program in Junior High School

Editor's note: Winnetka Talk has published many articles regarding the various phases of Winnetka's remarkable system of public school 'instruction. Little emphasis, however, has been given the physical training side of the work, the development of boys and girls to make them robust and the inculcation of attitudes that make for good sportsmanship and fair-dealing. The accompanying article has been prepared and published in pamphlet form jointly by Harry P. Clarke, director of physical education, and Willard Beatty, assistant superintendent of schools. It should be of interest to every parent of a school boy or girl. Because of its length the article will be published in installment form.

The advent of the junior high school We believe that having a large numhas introduced new problems and new ber of competitive games offers the possibilities in the field of physical big muscle training and lung developtraining. The setting apart of early ment and the precision and promptness adolescent boys and girls has at last of response which are the aims of most drawn our attention to their needs and gymnastic training and at the same at the same time given us an oppor- time satisfies a majority of the play tunity to meet those needs. In recogni- tendencies of early adolescent children. tion of this fact a new program of The danger of overstrain which frephysical activities was put into effect quently accompanies competitive games at the Skokie school in Winnetka three can be eliminated by adequate superyears ago. This program marks a vision of the children's activities, and radical departure from much of the it is understood on our playgrounds current practice and has met with such that games may be interrupted at any success that we believe our procedure time that a player shows fatigue. Our will be of interest to others in the play periods, therefore, have been given same field.

eighth grades. The school has an en- One period a week is devoted to folk rollment of about 270 pupils. It is dancing for the girls; this is very popcoeducational, the number of boys and ular. One period a week during porgirls being about equal. The classes tions of the year is devoted to corare departmentalized and follow a rective gymnastics for those children modified platoon plan. The playground who, in the annual physical examinais therefore in use constantly for tions, are shown to be suffering from groups of from 60 to 75 pupils. The physical defects. boys and girls are segregated for their playground activities because of their different interests. Routine adjustments have also made it more convenient for a woman to handle the girls' play periods and a man the boys' play periods, although during one year a man handled both sexes with complete success.

Have Double Purpose

reather yns realiable under almost any weather conditions, except during actual rain | The physical director is assisted in |

room and shower room space is un- be removed from his position. While fortunately very much limited and not he holds authority, however, his decias adequate as is desirable in view of the program which is being carried on.

In planning this new program of physical training, two major aims were uppermost in our minds. First, we think it desirable to develop strong, healthy, normal bodies and minds. Second, we think it desirable to foster certain personal, civic, and social attitudes which we believe to fall within the responsibility of the school.

In order to contribute most successfully to both of the aims which influenced the development of our program, we have striven to introduce as much competitive activity as possible. We hope by this means to stim ulate greater interests on the part of the children and at the same time to be able to stress the elements of cooperation or team work essential for successful competitive activity.

Play of Broad Scope

over to speed ball, soccer baseball, The Skokie school is a junior high baseball, Newcomb, volly ball, dodge school consisting of the seventh and ball, and a large variety of relays..

For competitive games the play groups are divided into teams, varying in size according to the game. The teams remain constant in personnel during a given series of games, and a slight recognition is made of the winning team in this play-period competition. These teams are usually organized by the whole group electing as many captains as there will be teams. In the matter of physical equipment, These captains then draw for their the school is fortunate. The total play- order of choice and are allowed to ground area is about eight acres. A choose in rotation the members of rectangular space 100x200 feet is sur- their teams. The result is that the faced and artificially drained so that it teams are usually evenly balanced,

or snow storms. An additional space his supervision by three play leaders, sufficiently large to provide a football chosen from among the children by and hockey field has been turfed and election, who share with him responis maintained in reasonably good con- sibility for deciding minor matters of dition. Other areas are available for routine, refereeing games, and adpractice fields, and a portion of the judicating disputes between teams. It playground still remains in its original is understood on the playground that condition, too wild for organized play. the decision of a play leader shall be The school has a gymnasium large final in any instance under dispute. enough to contain a basketball court Where feeling has developed that an of standard size with a small amount individual play leader is incapable of of space for spectators. The dressing fair and impartial judgment, he may

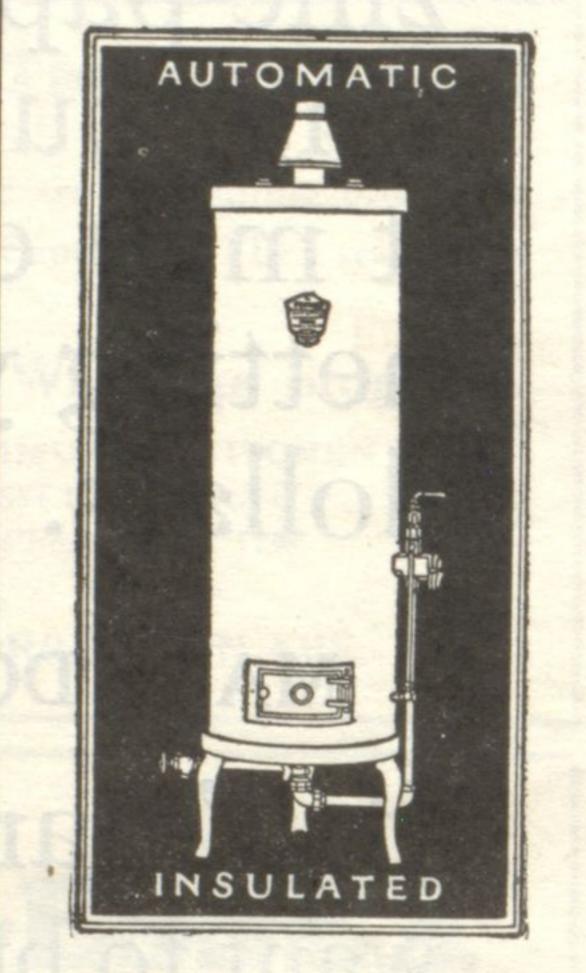
sions are respected.

(To be Continued)

A CORRECTION

out from Chicago to attend the Ten- the parish. ney-Cheney dance, was the daughter of Mr. and Mrs. Morris Larned Greeley. Mrs. MacClintock, who was Miss Elizabeth Copeland, is their niece. WINNETKA TALK regrets this error.

Mrs. John C. Cobb is entertaining at dinner this evening before the dance at Indian Hill club in honor of Mrs. Frank D. Fulton who is leaving for Florida Wednesday.



Sold and Installed

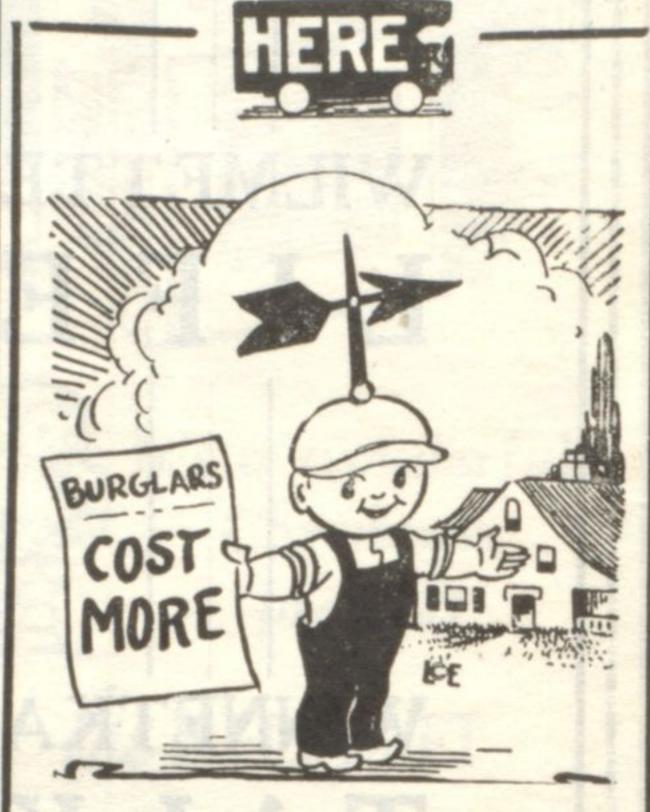
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REHEARSE XMAS CANTATA

"The Coming of the Prince of Peace" is the title of a cantata or Nativity play with ancient carols to be presented by the Sunday school of the Wilmette Baptist church Wednesday evening, December 23. Rehearsals In last week's issue of this paper, for the production have been in proit was erroneously stated that Mrs. gress for several weeks and the pro-Paul MacClintock, who was coming gram is attracting much attention in

> Mrs. William B. Hale of Willow road spoke this week at the meetings of the East Elm Street, the Willow Street, and the Ridge Avenue circles.



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