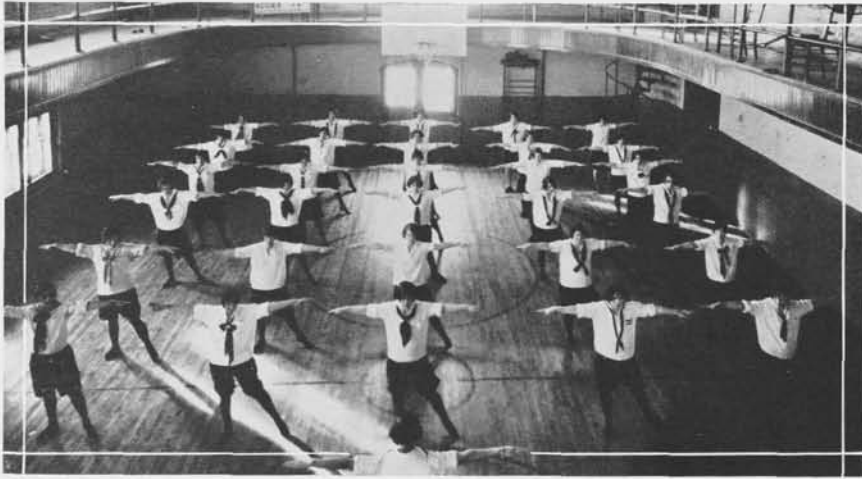


Physical Education

GIRLS GYMNASIUM CLASS

Gymnasium classes for both girls and boys are an important part of the Physical Education program. Minnesota schools, including the Northwest School, recognize this department as being very essential. Athletics, both intramural and interscholastic, make up the rest of the program.

The work in gymnasium is divided between calisthenics, light and heavy apparatus work, boxing, wrestling, group games, folk dancing, and personal hygiene. Marked improvement is noted between first and four year students as to their performance in this work.

As the gymnasium classes are large and the time limited, it is the aim of the department to be as efficient as possible. In these classes, the students receive direct physical value, as well as an intelligent conception of the relation of gymnasium exercises to health, posture, strength, and skill.



BOYS GYMNASIUM CLASS