

SENIORS



First row: E. Filipi, Bain, Bierbaum, S. Hanson.
Second row: A. Naplin, Miss Gerber, F. Hanson.

Physical Education for Girls

P HYSICAL education is directly connected with the health and happiness of any individual. Teen-age girls and boys can do more toward building healthy, robust bodies than can older people. No one can acquire this same kind of health later in life; it must be built up and maintained during adolescence.

Physical education for the girls at the Northwest School, which is a required subject, and which is given twice a week, consists of marching, calisthenics, apparatus work, folk dancing, games and hikes. It aims to develop good health habits, one of which is good posture when walking, standing, or sitting. It provides recreation rather than amusement in the form of athletic competition and games, which in turn help develop leadership, co-operation, obedience to commands, signals, and situations, not only in the gymnasium, but in other activities as well.

Since the lack of school facilities make it impossible for the girls to have a regular basket-ball team, basket-ball is played for recreation and class supremacy only. This gives the girls an opportunity to learn the rules of the game, to appreciate the value of teamwork, and to show good sportsmanship, even if they do not become expert players.

These games and the interclass field meet at the end of the term do much toward developing class spirit, which is necessary in any school if progress is to be made.



MISS LAURA A. GERBER

Miss Gerber has been instructor of physical education for girls at the Northwest School for the past four years. She has made her influence felt in building up the present fine spirit of sportsmanship among the girls.