

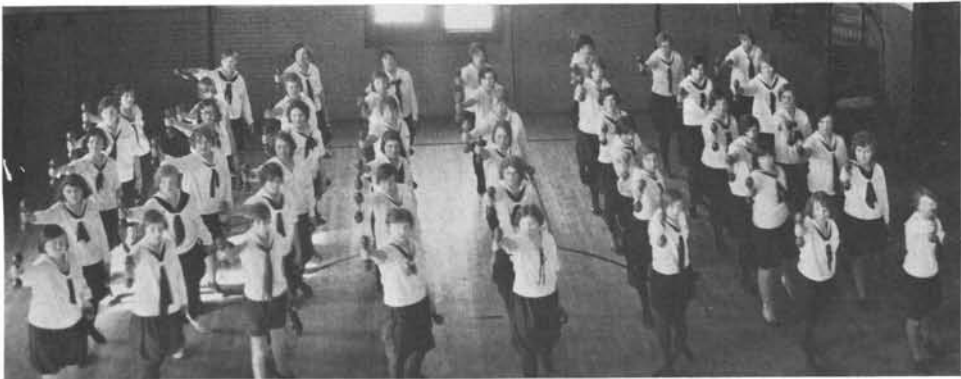
Physical Education for Girls

Physical Education is required of all girls in their Freshmen, Junior and Senior years. Basketball and the regular gymnasium classes make up the Physical Education program. In these classes, direct physical value is received, as well as exercises in posture, strength, and skill. Each class has its basketball team. These teams do not play any outside teams, but have games between the different classes. Miss Elsie Mae Kingston is the instructor in Physical Education. Miss Kingston is a very efficient instructor, and the girls are very proud of having her as their leader. Basketball provides opportunities for the girls to learn the rules, show sportsmanship and develop team work among themselves.



Miss E. M. Kingston

Some of the different drills and exercises used are: dumb-bell drills, basketball relays, games, posture drills and basket shooting. In the fall when the weather is permissible, games, such as kittenball and baseball are played outdoors.



GYM CLASS