



Physical Education for Girls

To receive training in physical education has come to be the privilege of every girl attending the Northwest School. The present year will no doubt stand out as the year in which gymnasium work turned from being a drudge to a joy. The new physical education building with its large well equipped gymnasium, its beautiful dressing rooms and showers, to say nothing of the swimming pool itself, offers an opportunity to every girl to develop her body as well as her mind, in a most healthful, wholesome manner.

Swimming is perhaps one of the most popular sports for girls this year. It is our desire that every girl should avail herself of the opportunity of learning to swim while she is here in school. Regular class instruction as well as supervised practice periods are held several times each week.

Another major sport with the girls is basketball. Girls compete with one another for the honor of a place on their class team, and keen competition is shown in the class games held late in the winter quarter.

The annual field day program held in the closing week of school gives the girls a chance to exhibit their ability in all lines of sports such as running, jumping, and relay-racing and also gives them the opportunity of making their class victorious in just another event of the school year.

Let us hope that this will be only the beginning of an increasing interest in physical education, and that each girl, as she leaves school will help to develop a desire for physical health in the minds of all those with whom she comes in contact.

ELSIE MAY KINGSTON.