

arm pass in *An Athletic Program for Elementary Schools*.³

- b. Decide which of your movements you should change.
3. Jumping
 - a. Read pages 105 and 106 in *Basket Ball for Women*.⁴
 - b. Decide how you should stand to jump the highest.
- C. After School and Recess Jobs.
1. Chest Pass
 - a. Stand ten feet from the target which is used in class.
 - b. Using the chest pass, throw at target five times.
 - c. Record total score. Two points are scored each time the target is hit.
 - Overarm Pass
 - a. Stand twenty-seven feet from the target. Use same target as before.
 - b. Using overarm pass, throw at the target five times.
 - c. Record the total score. Two points are scored each time the target is hit.

ELIZABETH MILLER.

HELPS IN PHYSICAL EDUCATION

THE following list has been prepared as a reference for the teacher who wishes material for additional work which will add interest and variety to her program. The arrangement of this information may help the teacher to make her selection wisely and economically.

A. Bibliography for Physical Education in the High Schools

BASKET BALL AND INDOOR BASE BALL FOR WOMEN. By Helen Frost and C. D. Wardlaw. New

³Andersen—*Ibid.*, p. 55.

⁴Frymir—Basket Ball for Women, pp. 105 and 106.

York: Charles Scribner's Sons. 1925. Pp. 154. \$1.75.

Valuable outlines for coaching in passing, playing, and hints to the players. The team plays are very good and well illustrated.

CAMPING AND WOODCRAFT. By Horace Kephart. New York: Macmillan Company. 1927. Pp. 469. \$2.50.

A digest of the knowledge of outdoor camping and related subjects, illustrated and clear. Valuable in all outdoor work from simple picnics and hikes to long camping trips.

CLOG AND CHARACTER DANCES. By Helen Frost. New York: A. S. Barnes and Company. 1924. Pp. 65. \$2.10.

The dances are clearly outlined and are arranged in order from simple to complex, suitable to beginners and advanced dancers.

THE CONDUCT OF PHYSICAL ACTIVITIES IN ELEMENTARY AND HIGH SCHOOLS. By W. P. Bowen. New York: A. S. Barnes and Company. Pp. 173. \$1.00.

Here is given a discussion of method and organization of various forms of activities, with an appendix containing descriptions and illustrations of simple gymnastics.

THE FESTIVAL BOOK. By Jeanette Lincoln. New York: A. S. Barnes and Company. 1926. Pp. 72. \$1.92.

Many types of games and dances that relate to May-day productions are explained. Historic background, methods of May pole construction and music are included. Although the illustrations are out of date, the material is mostly authentic.

FIELD HOCKEY ANALYZED. By Hazel Cubberley. New York: A. S. Barnes and Company. 1928. Pp. 188. \$2.00.

This is a very valuable and practical guide to hockey. It contains an accurate analysis of technique for pupil and teacher. Many formations and ways of presenting technique are given and are well illustrated.

FIELD HOCKEY AND SOCCER. By Helen Frost and Hazel Cubberley. New York: Charles Scribner's Sons. 1923. Pp. 242. \$1.75.

Here we find related major games well analyzed in a form that would be reliable for large groups.

HEALTH BY STUNTS. By N. H. Pearl and H. E. Brown. New York: Macmillan. 1926. Pp. 210. \$1.60.

Stunts are well outlined for both the individual and the group. Contests can be used in a demonstration program or inter-group competition.

INTRAMURAL ATHLETICS. By E. D. Mitchell. New York: A. S. Barnes and Company. 1928. Pp. 186. \$1.60.

Here is given the nature of intramural athletics with advice on how to start such a program. We also find objectives, suggestive materials, plans for organization, and programs of sports. There are excellent chapters on scoring plans for the individual as well as for the group. A chapter on specific administrative problems will be found

helpful and the many illustrations are most interesting.

THE ORGANIZATION AND ADMINISTRATION OF PLAYGROUND AND RECREATION. By J. B. Nash. New York: A. S. Barnes and Company. 1927. Pp. 541. \$3.50.

This is as complete as a book could be, giving well arranged, clearly defined practical information on every aspect of organization and administration problems connected with playgrounds and recreation centers. It deals with all problems, from those connected with the organization of city departments down to the repair and upkeep of equipment on a single playground.

THE PSYCHOLOGY OF PLAY ACTIVITIES. By H. C. Lehman and P. A. Witty. New York: A. S. Barnes and Company. 1927. Pp. 235. \$1.60.

The emphasis is placed upon individual differences and the play activities that appeal to children at various ages. An analysis of instinct is studied with respect to individual differences.

SOCIAL GAMES AND GROUP DANCES. By I. C. Elsom and B. M. Trilling. Philadelphia: J. B. Lippincott and Company. 1919. Pp. 254. \$1.75.

This is a collection of dances and games that have a strong appeal to the child. The games and dances are clearly and concretely described, fully illustrated, and can be easily understood.

SPALDING RULE BOOKS: 1. Basketball; 2. Baseball, Indoor and Outdoor; 3. Hockey; 4. Tennis; 5. Volley ball; 6. Hand ball guide; 7. Athletic Activities for Women and Girls. By A. G. Spalding and Brother. New York: American Sports Publishing Company. 1928. 25 cents each.

The first five books are published new each year. They help in teaching the sports as brought up to date, and are quite valuable because of price and content.

The sixth is a new book and is very well worked up with valuable helps in playing in addition to the rules of the game.

The seventh book is divided into four parts, namely: aquatics, or those activities pertaining to swimming and canoeing; track and field, with suggested contests and field day programs; twenty-six minor athletic games; baseball, various forms of teaching the elements of baseball as well as the rules.

SWIMMING SIMPLIFIED. By Lyba and Nita Sheffield. New York: A. S. Barnes and Company. 1927. Pp. 286. \$2.00.

This contains valuable lessons for beginners, clear scientific and educational analysis of strokes and ways of teaching them; diving that is well illustrated; life-saving, plans for handling a swimming meet and the organization of water sports.

B. Bibliography for Physical Education in Elementary Schools

AN ATHLETIC PROGRAM FOR ELEMENTARY SCHOOLS. By Leonora Anderson. New York: A. S. Barnes and Company. 1927. Pp. 130. \$1.75.

Activities are arranged according to season. Much attention is paid to development of basic

skills of games in individuals. A definite athletic program included for grades three to eight worked out. A chapter on skill tests is also included.

DRAMATIC GAMES AND DANCES FOR LITTLE CHILDREN. By Caroline Crawford. New York: A. S. Barnes and Company. 1914. Pp. 77. \$2.16.

Games taken from children's stories and plots are used. Games and dances contain elements of dramatization rather than of skill. Suggests to the teacher means of giving the child-artist more opportunity for development.

GAMES AND DANCES. By William A. Stecher. Philadelphia: John Joseph McVey. 1920. Pp. 352. \$2.41.

This selected collection of games, song-games, and dances are suitable for schools, playgrounds, gymnastic associations, and boys' and girls' clubs.

GAMES FOR THE PLAYGROUND, HOME, SCHOOL, AND GYMNASIUM. By Jessie Hubbell Bancroft. New York: Macmillan. 1909. Pp. 456. \$3.00.

Large and varied collection of games for playgrounds, gymnasiums, etc., serve as practical guide for teacher or leader of games as well as for the player. Games are described and classified so as to be easily understood.

PLAY ACTIVITIES FOR ELEMENTARY SCHOOLS. By Dorothy La Salle. New York: A. S. Barnes and Company. 1926. Pp. 173. \$2.00.

Suggests course of study for play activities in grades one to eight. Contains organization, program making, games, and competitive athletics for boys and girls.

PHYSICAL EDUCATION FOR PUBLIC SCHOOLS, TEACHING MANUAL. By Frederick William Maroney. New York: Lyons and Carnahan. 1928. Pp. 397. \$1.75.

Designed to meet needs of teachers, supervisors, etc. Lesson outlines prepared for particular grade needs. Selection of exercises, games, and athletic activities given. Grades one through nine are considered.

PHYSICAL TRAINING FOR THE ELEMENTARY SCHOOLS, GYMNASTICS, GAMES, AND RHYTHMIC PLAYS. By Lydia Clark. Boston: B. H. Sanford and Company. 1927. Pp. 415. \$2.00.

Includes directions for forms of physical activity, formal gymnastics, and game work for elementary grades.

PLAYGROUND BOOK. By Harry Sperling. New York: A. S. Barnes and Company. 1916. Pp. 105. \$2.10.

Presents fairly limited choice of games and dances adapted to play. Singing games, folk dances, playground athletics, classroom games, and games of out-door type are in contents.

PLAY IN EDUCATION. By Joseph Lee. New York: Macmillan Co. 1915. Pp. 494. \$1.80. (Reprint, 1927.)

Psychological study of the child in relation to play. Tries to aid the teacher in better understanding pupils. Play is considered as growth. "Function of the Play Instincts," "The Mood of

Play," "The Age of Loyalty," etc., are subjects discussed.

THE PRACTICE OF ORGANIZED PLAY. By Bowen and Mitchell. New York: A. S. Barnes and Company. 1923. Pp. 189. \$2.00.

Gives a clear representation of many popular plays, games, tests, and competitive sports already in use. Teaches whole system of play rather than any one particular scheme.

RHYTHMS AND GAMES FOR ELEMENTARY SCHOOLS. By Dorothy La Salle. New York: A. S. Barnes and Company. 1926. Pp. 168. \$4.00.

Used with La Salle's *Play Activities* composes a comprehensive course of study for physical education in the elementary school. Contains music and description of dances and rhythms for all elementary grades.

STATE COURSE OF STUDY, ELEMENTARY SCHOOLS OF VIRGINIA: PHYSICAL EDUCATION. Richmond: State Board of Education. 1926. Pp. 162.

Suggested guide for elementary teachers. Work outlined as to grades.

STORY PLAYS. By Louise C. Wright. New York: A. S. Barnes and Co. 1923. Pp. 127. \$1.60.

Gives practical help in teaching story plays. Such plays involve bodily movement, imitation, imagination, and impersonation. Classified index divides plays into groups, *e. g.*, "Play of the Seasons," "Plays Correlating with Language Work."

C. Desirable Equipment for the Physical Education Department for Girls in the High School

The following equipment may be obtained from such athletic houses as:

A. G. Spalding and Bros., 1338 G. St., N. W., Washington, D. C.

Rawling Mfg. Co., Lucas Ave., St. Louis, Mo.

Horace Partridge Co., 49 Franklin St., Boston, Mass.

Leacock's Athletic Goods, Locust St., St. Louis, Mo.

	<i>Price Range</i>
I. COSTUME	
Bloomers, satin, twill or serge.....	\$1.50—\$3.00
Middies or shirts, white twill or poplin	\$1.00—\$2.00
Ties, black windsor or square.....	\$.50—\$1.00
Shoes, white, rubber soles.....	\$.85—\$2.50
Hose, black cotton, extra light desirable	\$.20—\$.75

II. TRACK OR FIELD EVENTS	
1 Stop watch	\$4.00—\$12.00
6 Whistles	\$.25
1 Umpire horn	\$.30
1 Tape measure	\$2.00—\$ 3.00
Vaulting pole and jumping standards, hurdles and sawdust pits may be made by the janitor or students.	

III. TENNIS	
2 tennis nets	\$2.50—\$12.50
One dozen tennis rackets	\$5.00—\$60.00
Steel rackets	\$7.00 each

IV. BASKET BALL	
4 basket balls	\$8.00—\$14.00 each
2 basket ball goals.....	\$3.00—\$10.00 pair
1 score book	\$.50
Whistles, horns, and stop watch used for track	

and field events may also be used for basket ball games. The janitor, students or manual arts class can make backboards for the goals.

V. BASE BALL	
Balls—1 dozen indoor base balls	\$1.50—\$3.00 dozen
1 playground and recreation ball	\$.50—\$1.00 dozen
1 regulation playground ball	\$1.00—\$2.00 dozen
Bats—2 indoor playground bats	\$.75—\$1.50 each
2 playground bats	\$1.00—\$3.00 each

Instead of buying bases the girls can make them, using stout cloth and sawdust. The diamond can be marked off with lime.

VI. VOLLEY BALL	
1 net (old tennis nets can be used if necessary)	\$1.50—\$ 3.00
4 balls	\$3.00—\$10.00
The standards for the nets can be made by the janitor, students, or manual arts class.	

VII. SOCCER	
4 balls	\$3.50—\$10.00 each
These may also be used for Speed Ball.	

VIII. MISCELLANEOUS	
1 tumbling mat	\$20.00—\$50.00 each
This is optional. Although this is desirable, stunts and some tumbling can be done without mats.	

D. Equipment for elementary grades

I. QUOITS	
1 indoor set	\$5.50—\$ 8.00 each
1 outdoor set	\$8.00—\$10.00 each

II. CROQUET	
2 eight-ball sets	\$6.00—\$14.00 each

III. SWING OUTFITS	
Four or six swings.....	\$75.00—\$100.00
These can be made out of stout wood but are not as serviceable or lasting as galvanized pipe.	

IV. GIANT STRIDE	
Ball bearing with six ladders	\$66.00—\$75.00

V. CHUTES	
1 straight chute	\$ 50.00—\$ 60.00
1 wave chut 24-30 feet long	\$200.00—\$300.00

VI. SAND PILES	
Made by the janitor or students. They should be boarded up.	

VII. SEE SAWS	
2 galvanized see saws	\$100.00—\$150.00 each
These can be made cheaper out of stout wood.	

VIII. INDIAN CLUBS	\$6.00—\$15.00 dozen
For relays and games	

IX. BEAN BAGS	
6-in. by 6-in. These may be made of strong durable cotton and filled with beans.	

X. BALLS	
Boxes of balls should be placed where children can use them at all times. The following should be included:	
1. 2 dozen base balls	
2. 2 dozen rubber balls	

3. 1 dozen playground balls	
4. 4 volley balls	
5. 6 basket balls	

STUDENT TEACHERS IN PHYSICAL EDUCATION