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A pictorial record of the girls' physical education program at Newton High School

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A PICTORIAL RECORD OF THE GIRLS' PHYSICAL EDUCATION
PROGRAM AT NEWTON HIGH SCHOOL

Submitted by

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In Partial Fulfillment of Requirements for
the Degree of Master of Education

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CHAPTER I

THE INTRODUCTION

1. Statement of the Problem

The problem is to show the scope of the girls' physical education program at Newton High School through the use of kodachrome slides.

2. Purpose of the Project

The main purpose of the kodachrome slides is for the orientation of Newton junior high school girls who will be entering the high school in the near future. It was felt that if the girls knew what to expect in the physical education program they might adjust more easily to this phase of the larger high school program.

The slides should also be useful in explaining the girls' physical education program to practice teachers, Parent-Teacher Associations, the school committee or finance board, teachers' clubs in the high school or junior high schools, schools from other communities, Kiwanis, Rotary or other civic groups.

This pictorial record is not meant to indicate that the Newton program is ideal but merely to present what is offered to the girls at this time.

3. Description of the Situation

Newton High School is a large school with a total enrollment of approximately 2300 pupils of which about 1200 are girls. The facilities

for the girls' physical education classes include two gymnasiums, a smaller room, a classroom connected with the nursing facilities, a large outdoor playing field and four tennis courts. Four full-time women instructors are in the department.

Each period during the day three classes are scheduled for physical education: one each of sophomores, juniors and seniors. The average number in each class is 35 students. Each girl has two one-hour periods of physical education a week.

CHAPTER II

PROCEDURE OF THE STUDY

1. Preparation of the Kodachrome Slides

In planning the procedure for taking the kodachrome slides no special attempt was made to obtain pictures showing good techniques or skills. The pictures were planned to show what activities were offered to the girls and the general organization of the classes. For this reason many of the pictures were taken during regular class time as the girls were normally participating. In other cases, to get particular set-ups, girls were borrowed from classes and organized specifically for the pictures. Four girls, who were willing to give up their time, came out after school several times to pose for special pictures.

It was more difficult to get the desired effect in the indoor pictures because of the lighting problem. In order to get the proper lighting, distances had to be kept below 20 feet.

About 200 kodachrome slides were taken during the school year and then screened down to 70. This screening was accomplished with the cooperative efforts of the various members of the girls' physical education department.

2. Preparation of Accompanying Descriptions

Two different sets of descriptions were written because the pictures were planned for two purposes. One set of comments was designed for use

when the pictures are to be shown to junior high school students. The other set of descriptions is for use when the slides are shown to adult groups.

3. Preparation of the Tape Recording

A tape recording of both sets of the descriptive comments was made with the help of Newton Public School visual aids department. The showing and the descriptive comments take about 20 minutes.

CHAPTER III

KODACHROME SLIDES AND ACCOMPANYING DESCRIPTIONS

1. Junior High School Set (for orientation to high school)

Slide Title	Description	Comment
1. Newton High School	When you first enter Newton High School it may seem very large and confusing to you. It is hoped that these pictures will help to eliminate some of that confusion by explaining what will be offered to you by the physical education department in class work and in after-school activities.	
2. Registration	The first time that you come to your physical education class you will meet the four teachers who will instruct you. They will give you a registration card to fill out.	
3. Weighing and Measuring	Then you will be weighed and measured and this will be recorded on your medical card.	
4. Lockers	Each girl is assigned to a locker and is given a lock with a combination so that she may keep her belongings in a safe place.	
5. Dressing Room	This student has just finished changing into her gym suit and is hanging her clothes in one of the dressing rooms provided for this purpose.	

Slide Title	Description	Comment
6. Gym Suit	You will wear the same green gym suits that you have had in junior high school.	
7. Showers	At the end of each gym period you will have a shower in individual cubicles as you see here. You may bring in your own towel and will probably want a shower cap so that your hair will stay dry. Do you think these girls are getting wet?	
8. Blackboard	Just outside the locker room there is a blackboard. Each day on this board you will find information about the activity you will have, the equipment needed and the uniform required for that day. This sign explains that the seniors are in the big gym; the juniors are divided into two sections, one in the studio and one in hygiene; and the sophomores are in the small gym.	
9. Bulletin Boards	There are several bulletin boards in this same area with information about class work and after-school activities in sports, dance and clubs. This is the modern dance bulletin board.	
10. Award Chart	Also the Girls' Athletic Board chart of awards is here. These letters are awarded for participation in class team intramurals, varsity and junior varsity in the after-school activities. Any of the members of the Girls' Athletic Board will be glad to explain the chart to you.	

Slide Title	Description	Comment
11. Posture Pictures	During the fall season each sophomore has a posture picture taken. Here the instructor is explaining to one of the girls how to stand in front of the screen. After the picture is taken, each girl has a conference with the teacher so that she may see the picture and have it explained to her. In the winter the sophomores have a class in body mechanics so that they may learn how to improve their posture.	
12. Physical Examinations	In the spring all juniors have a physical examination. These girls are getting their medical cards from the file which is kept in the physical education office.	
13. Physical Examinations	The examinations are done by the school doctors assisted by the public health nurses.	
14. Nurse's Office and Restroom	The nurse's office and a restroom are in Building III right next to the gymnasium. It is the place to go for first aid in case of accident or illness.	
15. Fall Season		
16. Outside Facilities	As soon as possible you will be started on your outside activities. Each period there are three classes coming to physical education: one each of sophomores, juniors and seniors.	
17. Outside Facilities	Each class will have two different activities during the fall.	

Slide Title	Description	Comment
18. Outside Facilities	In these pictures you have seen how several activities may go on at the same time all over the field. Now we will see some of the fall sports.	
19. Soccer	You have probably played soccer in junior high school so you will be skilled enough now to have fun playing the game. These girls are practicing the dribble.	
20. Speedball	Speedball is a combination of soccer and basketball. When the ball is on the ground it is played as in soccer but if it is in the air you may pass as you do in basketball.	
21. Speedball	These are skill practices for speedball in which they attempt to get the ball into the air so that they may play it with their hands.	
22. Field Hockey	Field hockey is another of the fall sports. Here, some of the girls are working on roll-ins.	
23. Field Hockey	Do you recognize the left-hand lunge?	
24. Field Hockey	This is a passing practice.	
25. Field Hockey Game	If you are interested in playing more hockey than you get in class work you will want to come out after school and play with your class teams. It is not necessary to be skilled to come out and play. Everyone is welcome.	

Slide Title	Description	Comment
26. Field Hockey Game	After the class games there are varsity and junior varsity games with various schools.	
27. Field Hockey Game	The Field Hockey Sports Day, which is usually held on a Saturday morning at Concord, is great fun as about 25 schools participate in the games.	
28. Field Hockey Team	The Newton teams wear navy or black tunics such as these shown in the picture.	
29. Winter Season		
30. Winter Equipment	After Thanksgiving vacation the winter activities will start. There are two gymnasiums for girls and a smaller room called the studio for the indoor classes. Here are some of the pieces of equipment you will be using.	
31. Folk Dance	Folk dance classes are usually offered to juniors and seniors but the Folk and Square Dance Group, which meets after school, is open to anyone who is interested.	
32. Folk Dance	These girls are enjoying the Mexican Waltz.	
33. Folk Dance	Perhaps this one is familiar to you; it's the Varsoviennne.	
34. Apparatus	Apparatus and tumbling are usually given together in one unit. This girl is doing a squat vault over the horse.	
35. Apparatus	They also work on the ropes, climbing or swinging.	

Slide Title	Description	Comment
36. Apparatus	Other pieces of apparatus included in the unit are the buck, the box, parrallel bars and traveling rings.	
37. Apparatus	Apparatus and tumbling are offered after school for those girls who enjoy this activity and want to perfect their skills.	
38. Tumbling	The tumbling class will do double stunts such as this front angel. Have you tried this one?	
39. Tumbling	They will also try single stunts and some pyramids.	
40. Fistball	This is a game similar to volleyball called fistball. The ball is much larger and lighter than a volleyball and is hit only with the fist.	
41. Volleyball	You will also have some volleyball and may want to play after school. Usually there are two or three games played with other schools.	
42. Tap Dance	If you have admired the tap dancers that you see on television, this will be your chance to see if you too can be a star. A senior group is enjoying this class.	
43. First Aid	Sophomores will have first aid practical work in bandaging, splinting and artificial respiration. There is also a hygiene class for juniors.	

Slide Title	Description	Comment
44. Table Tennis	One of the more popular classes is table tennis or ping pong which the juniors have in the studio.	
45. Body Mechanics	The sophomores have body mechanics so that they may learn how to correct the body faults that were discovered through the posture pictures and conferences in the fall.	
46. Body Mechanics	Here, the teacher is correcting a shoulder position.	
47. Badminton	Badminton is taught in class and is also offered after school. This girl is learning how to serve.	
48. Badminton	What a smash that must have been ! Some of the girls who play badminton have entered the Massachusetts State Junior Championships,	
49. Modern Dance	Modern dance classes are given to sophomores, juniors and seniors. This class is working on a swinging movement.	
50. Modern Dance	Here they are doing a bobbing technique which will help to make them more flexible.	
51. Modern Dance	If you saw the high school demonstration in your junior high school, you know that the Modern Dance Orchesis is very active. There are three groups: the Apprentices, the Workshop and the Performers.	
52. Modern Dance	These dance groups perform in the Christmas Vespers and in the big musical show in the spring. They also have a symposium to which many school dance groups are invited.	

Slide Title	Description	Comment
53. Basketball	Basketball is played by all three classes. They are doing a passing drill here.	
54. Basketball	There is a big program in after-school basketball starting with a Pick-up Tournament in which sophomores, juniors and seniors mix up on teams. Following that, class teams are formed and they play off a tournament.	
55. Basketball Game	Then class teams are chosen to play against several schools and finally varsity and junior varsity teams play. This is a game between Newton and Watertown.	
56. Spring Season		
57. Spring Equipment	Spring outdoor activities start after the April vacation.	
58. Spring Equipment	This is a collection of all the types of equipment that are used in the spring activities. All of this equipment is provided by the school.	
59. Archery	Archery is included in the junior and senior program. It is a new sport to most of them but it has become very popular.	
60. Archery	Collecting the arrows and totaling the score is the exciting part of the class. If you want more time to shoot you can come out after school in the spring and fall and perhaps enter an intramural tournament or compete with another school.	

Slide Title	Description	Comment
61. Lacrosse	Lacrosse will be a new game to almost all of you. The sticks that the girls have in their hands are called crosses. A small rubber ball is caught and passed with the crosses.	
62. Lacrosse	These girls are practicing the draw which is used to start the game. There is a ball between their crosses which they will try to toss high in the air to their team mates.	
63. Lacrosse	Sometimes you may drop the ball so you must learn how to pick it up as these girls are doing.	
64. Lacrosse Game	Outside games are played in lacrosse even though we are still beginners at the game.	
65. Lacrosse Game	This is a game that was played against Winsor School. There is also a Sports Day and Clinic on a Saturday morning.	
66. Tennis	Tennis is a part of the program in the spring and in the fall. Here the girls are practicing their strokes before going on the courts to play.	
67. Tennis	One of the instructors is helping this girl with her service. Tennis is offered after school both in the fall and the spring for beginners and advanced players.	
68. Tennis Match	Two teams are formed in the spring to play outside schools. This is a match with	

Slide Title	Description	Comment
69. Golf	If they would like to, seniors may elect golf in the spring. They learn the basic swing and practice driving and putting. Instruction is also offered after school.	
70. Softball	You are all probably quite familiar with softball so you should enjoy participating in these classes.	
71. Softball	These girls are warming up their throwing arms before starting in to play.	
72. Softball Game	Softball class teams are organized after school and a tournament is played. Games with other schools are also arranged. This is one of the class team games. Can you see anything wrong with the catcher's technique?	
73. Cheering Group	It must be a home run to get them so excited ! We hope that these pictures and the explanation will help you to feel at home when you enter Newton High School and that you will be a member of one of these cheerful groups.	

2. Adult Set
(for use by P.T.A., Kiwanis, etc.)

Slide Title	Description	Comment
*1. Newton High School	This collection of pictures is designed to show you the program that is carried on by the girls' physical education department at Newton High School.	
2. Registration	The first time that the students come to their physical education classes in the fall they meet the teachers who will instruct them. One of the teachers will give them a registration card to fill out.	
3. Weighing and Measuring	Then they are weighed and measured and the results are recorded on their medical cards.	
4. Lockers	Each girl is assigned to a locker and is given a lock with a combination so that she may keep her belongings in a safe place.	
5. Dressing Room	This student has just finished changing into her gym suit and is hanging her clothes in one of the dressing rooms provided for this purpose.	
6. Gym Suit	The girls wear the same green gym suits that they wore in junior high school.	
7. Showers	At the end of each physical education period there are showers given in individual cubicles.	

* Numbers correspond to those in Set 1

Slide Title	Description	Comment
* 11. Posture Pictures	During the fall season each sophomore has a posture picture taken. Here the instructor is explaining to one of the girls how to stand in front of the screen. After the picture is taken, each girl has a conference with the teacher so that she may see the picture and have it explained to her. In the winter the sophomores have a class in body mechanics so that they may learn how to improve their posture.	
13. Physical Examinations	In the spring all juniors have a physical examination given by the school doctors assisted by the public health nurses.	
14. Nurse's Office and Restroom	The nurse's office and a restroom are available for first aid in case of accident or illness.	
15. Fall Season		
16. Outside Facilities	As soon as possible the activities are started outside. Each period there are three classes coming to physical education: one each of sophomores, juniors and seniors.	
17. Outside Facilities	Each class will have two different activities during the fall.	
18. Outside Facilities	In these pictures you have seen how several activities may go on at the same time all over the field. Now we will see some of the fall sports.	

* Certain pictures included in Set 1 have been omitted from this set

Slide Title	Description	Comment
19. Soccer	Soccer is played in the junior high schools so the girls are skilled enough to enjoy the game a great deal. These girls are practicing the dribble.	
20. Speedball	Speedball will be a new game to most of the students. It is a combination of soccer and basketball.	
21. Speedball	These are skill practices in which they attempt to get the ball into the air so that they may play it with their hands.	
22. Field Hockey	Field hockey is another of the fall sports. Here some of the girls are working on a technique called a roll-in.	
23. Field Hockey	This is the left hand lunge, a method of tackling in order to gain possession of the ball.	
24. Field Hockey	These girls are doing a passing drill.	
25. Field Hockey Game	If students are interested in playing more hockey than they get in class work they may come out after school and play with their class teams. It is not necessary to be highly skilled in order to come out. Everyone is welcome.	
27. Field Hockey Game	After the class games there are varsity and junior varsity games with various schools and a Field Hockey Sports Day, usually held on a Saturday morning at Concord, in which about 25 schools participate.	

Slide Title	Description	Comment
28. Field Hockey Team	The Newton teams wear navy or black tunics like these shown in the picture.	
29. Winter Season		
30. Winter Equipment	After Thanksgiving vacation the winter activities start. There are two gymnasiums for girls and a smaller room called the studio for the indoor classes. Here are some of the pieces of equipment that will be used during the winter season.	
31. Folk Dance	Folk dance classes are usually offered to juniors and seniors but the Folk and Square Dance Group, which meets after school, is open to anyone who is interested.	
32. Folk Dance	These girls are enjoying the Mexican Waltz.	
33. Folk Dance	This is the Varsovienne, a Swedish dance.	
34. Apparatus	Apparatus and tumbling are usually given together in one unit. This girl is doing a squat vault over the horse.	
35. Apparatus	They also work on the ropes, climbing and swinging.	
36. Apparatus	Other pieces of apparatus included in the unit are the buck, the box, parallel bars and traveling rings.	

Slide Title	Description	Comment
37. Apparatus	Apparatus and tumbling are offered after school for those girls who enjoy this activity and want to perfect their skills.	
38. Tumbling	The tumbling class will do double stunts such as this front angel.	
39. Tumbling	They also try single stunts and some pyramids.	
40. Fistball	This is a game similar to volleyball called fistball. The ball is much larger and lighter than a volleyball and is hit only with the fist.	
41. Volleyball	The girls have some volleyball in class and may play after school. Usually there are two or three games played with other schools.	
42. Tap Dance	In the tap dance class they have a chance to emulate what they have seen on television. The seniors are enjoying this class.	
43. First Aid	Sophomores have first aid practical work in bandaging, splinting and artificial respiration. There is also a hygiene class for juniors.	
44. Table Tennis	One of the more popular classes is table tennis or ping pong which the juniors have in the studio.	
45. Body Mechanics	The sophomores have body mechanics so that they may learn how to correct the body faults that were discovered through the posture pictures and conferences in the fall.	

Slide Title	Description	Comment
46. Body Mechanics	Here the teacher is correcting a shoulder position.	
47. Badminton	Badminton is taught in class and is also offered after school. This girl is learning how to serve.	
48. Badminton	Some of the girls who play badminton after school have entered the Massachusetts State Junior Championships.	
49. Modern Dance	Modern dance classes are given to sophomores, juniors and seniors. This class is working on a swinging movement.	
50. Modern Dance	Here they are doing a bobbing technique which will help to make them more flexible.	
51. Modern Dance	The after-school modern dance group called the Orchesis is very active. There are three divisions: the Apprentices, the Workshop and the Performers.	
52. Modern Dance	These groups perform in junior high school demonstrations, Christmas Vespers and the big musical show in the spring. They also have a symposium to which many school dance groups are invited.	
53. Basketball	Basketball is played by all three classes. They are doing a passing drill here.	

Slide Title	Description	Comment
54. Basketball	There is a big program in after-school basketball starting with a Pick-up Tournament in which Sophomores, juniors and seniors mix up on teams. Following that, class teams are formed and they play off a tournament.	
55. Basketball Game	Then class teams are chosen to play against several schools and finally varsity and junior varsity teams play. This is a game between Newton and Watertown.	
56. Spring Season		
57. Spring Equipment	Spring outdoor activities start after the April vacation.	
58. Spring Equipment	This is a collection of all the types of equipment that are used in the spring activities. All of this equipment is provided by the school.	
59. Archery	Archery is included in the junior and senior program. It is a new sport to most of them but it has become very popular.	
60. Archery	Collecting the arrows and totalign the score is the exciting part of the class. If they want more time to shoot, archery is offered after school in the spring and fall.	
61. Lacrosse	Lacrosse is a new game to most of the girls. The stick that they have in their hands is called a crosse. The ball is caught and passed with the crosse.	

Slide Title	Description	Comment
62. Lacrosse	These girls are practicing the draw which is used to start the game. There is a ball between their crosses which they will try to toss high in the air to their team mates.	
63. Lacrosse	When the ball is on the ground it must be picked up with the crosse. The girls are learning how to pick up the ball properly.	
65. Lacrosse Game	Outside games are played in lacrosse. This is a game that was played against Winsor School. There is also a Sports Day and Clinic on one Saturday morning.	
66. Tennis	Tennis is a part of the program in the spring and in the fall. Here the girls are practicing their strokes before going on the courts to play.	
67. Tennis	One of the instructors is helping this girl with her service. Tennis is offered after school both in the fall and the spring for beginners and advanced players.	
68. Tennis Match	Two teams are formed in the spring to play outside schools. This is a match with ?	
69. Golf	If they would like to, seniors may elect golf in the spring. They learn the basic swing and practice driving and putting. Instruction is also offered after school.	
70. Softball	Softball is a familiar game to all of the girls.	

Slide Title	Description	Comment
71. Softball	These girls are warming up their throwing arms before starting in to play.	
72. Softball Game	Softball class teams are organized after school and a tournament is played. Games with other schools are also arranged. This is one of the class team games.	
73. Cheering Group	It is hoped that these pictures and the description have aided in explaining the girls' physical education program at Newton High School.	

CHAPTER IV

SUMMARY

The purpose of this study was to show the scope of the girls' physical education program at Newton High School through the use of kodachrome slides and accompanying descriptions on paper and on a tape recording.

The slides are primarily for use in junior high school for orientation of students who will soon enter the high school. They are also planned for explanation of the physical education program to various adult groups.

A series of kodachrome slides of the boys' physical education program at the high school might be a good accompaniment to the girls' set. This idea might also be used in the junior high schools to aid in the adjustment of elementary school children. In fact it would probably be even more helpful at this age as there is usually great change between elementary school and junior high school environment and program.

Slides of this type could be used by the other departments in the high school or junior high schools for explanation of their programs.