

31M Elementary Swimming  
Second Quarter, 1939

I Objectives:

1. To teach and develop the ability of every boy to swim at least 50 yards.
2. To teach the proper form to be used in swimming the crawl, sidestroke, and elementary back strokes.
3. To develop skill in swimming the above strokes.
4. To teach personal and group safety measures to be observed both in the water and around the pool.
5. To present and teach recommended practices and approved methods of:
  - (a) Organizing and conducting classes.
  - (b) Teaching the techniques of swimming.

II Content of Course in Swimming Skills:

1. Beginners steps and drills
2. Elements of the crawl
3. Deep water (personal) safety skills and tests
  - (a) Treading water
  - (b) Relieving cramp
  - (c) Turning
  - (d) Float
  - (f) Sinking and raising self
  - (g) Recovery from collision
4. Elementary back strokes
  - (a) Elementary flutter kick on back
  - (b) Sculling
  - (c) Inverted breast stroke
5. Crawl
  - (a) Explanation and practice of various styles
  - (b) Emphasis on form
  - (c) Speed tests
6. Side Stroke
  - (a) Form
  - (b) Distance tests
7. General fundamentals
  - (a) Surface dive
  - (b) Plain front dive
  - (c) "Rest" turns (used in distance swimming)
  - (d) Racing turns
  - (e) Racing starts
  - (f) Swimming under water.

III Content of Course in Methods of Teaching:

1. Methods of class organization for
  - (a) Economy of time
  - (b) Safety
  - (c) Individual progression
  - (d) Manipulating and handling class as a group
  - (e) Homogeneous grouping for maintenance of interest
  - (f) Basis of grading

2. General methods of teaching demonstrated and used
  - (a) mass method
  - (b) Use of student assistants
  - (c) Division of class into squads with student leaders
3. Specific methods emphasized and taught
  - (a) Progressive steps in teaching beginners
  - (b) Importance and teaching of personal water safety skills
  - (c) Explanation, demonstration and practice methods
  - (d) Land drills, water drills and use
  - (e) Use of whole and part method

#### IV Time Allotment of Course

1. First meetings--full period of ability testing for purpose of proper grouping.
2. Second meeting--full hour lecture on methods of teaching and swimming techniques.
3. Fifteen meetings--combination lecture, instruction and practice.
4. Last meeting--full hour written test

#### Note of Recommendation for 31M and 33M swimming:

1. 31M swimming should be divided into beginners and swimmers.
2. Former group should be in pool during first quarter (when pool is low.)
3. This course should be definitely coordinated with 33M.

31M TUMBLING

One semester, 8:30 M.W.F.

The Tumbler's Manual by William R. Laport  
and Al G. Renner

- A. Teaching Techniques  
Short warm-up period  
Use variations  
Tumbling stunts as part of routine  
Definite progression  
Stimulate group activity
- B. Safety Techniques  
1. Relating to the performer  
2. Relating to the instructor  
3. Relating to the equipment
- C. The Roll Progression  
Forward Roll  
Shoulder roll  
Dive  
Side roll  
Backward roll  
Double roll
- D. The Inverted Balance Progression  
Squat hand balance  
Head and hand balance  
Forearm balance  
Hand balance  
Hand balance pull over  
Snap down  
Backward roll to hand balance  
Chest roll  
Jump through  
Cartwheel
- E. The Handspring Progression  
Neckspring  
Headspring  
Bent-arm handspring  
Straight-arm handspring  
Neck-lift front handspring

- F. Grip Nomenclature
  - Hand-lock grip
  - Wrist-lock grip
  - Handshake grip
  - Thumb-lock grip
  - Foot-to-hand grip
  - Arm-to-arm grip
  
- G. Companion Balance Progression
  - Foot-to-hand balance
  - Thigh stand
  - Knee stand
  - Walk-up shoulder mount
  - Hand-to-heel shoulder mount
  - Assisted jump shoulder mount
  - Low arm-to-arm balance
  - High arm-to-arm balance
  
- H. The Front Somersault Progression
  - Locked-leg rocker
  - Assisted somersault over knees
  - Straddle-lift front somersault
  - Neck-throw front somersault
  - Assisted somersault from buttocks
  - Hand-to-foot pitch somersault
  - Ankle-lift front somersault
  - Front somersault
  
- I. The Back Handspring Progression
  - Round off
  - Back-to-back pull-over somersault
  - Assisted back somersault from shoulder sit
  - Neck-lift back somersault
  - Foot-push back handspring
  - Back handspring
  
- J. The Back-Somersault Progression
  - Foot-push back somersault
  - Side-leg-pitch back somersault
  - Crotch-pitch back somersault
  - Toe-pitch back somersault
  - Back somersault
  
- K. Marchings and Facings
  - Attention
  - At Ease
  - At rest
  - Right face
  - Left face
  - About face
  - Count off
  - Mark time
  - Fours right
  - Fours left
  - Column right
  - Column left
  - Fall out

L. Examinations

1. Two written
2. Practical quiz which includes 20 stunts given in course
3. Written paper: "How to Set Up an Outline in Tumbling 9th Grade Boys."
4. Five minute quiz leading eight boys in Marchings and Facings
5. Examination: Each pair of boys work out 10 companion acts.
6. Divide class into groups of 10 each. Each group gives a 15 minute tumbling demonstration.

Selected Bibliography

Cotteral, Bonnie and Donnie, TUMBLING, PYRAMID BUILDING AND STUNTS FOR GIRLS AND WOMEN. New York: A. S. Barnes and Co., 1927.

Harby, S. F., TUMBLING FOR STUDENTS AND TEACHERS. Philadelphia: W. B. Saunders Company, 1932.

McClow, L. L., and Anderson, D. N., TUMBLING ILLUSTRATED. New York: A. S. Barnes and Co., 1931

McCulloch, J. H., GYMNASTICS, TUMBLING AND PYRAMIDS. Philadelphia: W. B. Saunders Co., 1934

Pearl, N. H., and Brown, H. E., HEALTH BY STUNTS. New York: The Macmillan Company, 1919.

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32M Apparatus Work

Nine Weeks

Suggested Text: Apparatus Work  
by Z~~W~~arg

Horizontal Bar:

a. Low

1. Hang lying position frontways
2. Support-stand frontways
3. Cross-hand knee hang
4. The hang-stand rearways
5. Front support
6. Knee swing up

b. High

1. Support frontways with under grip
2. Upper-arm hang
3. Bent-arm hang with undergrip (beginning)
4. Bent-arm hang (cross) with mixed grips.
5. Inverted squat hang
6. Inverted hang rearways
7. Swing
8. Knee swing-up
9. Swing change grips
10. Upstart

Parallel Bars

1. Cross stand front ways outer grip
2. Inner side stand, upper grip
3. Inner side stand, mixed grip
4. Inner side stand, under grip
5. Cross hang lying position frontways
6. Side hang lying position frontways
7. Cross support frontways
8. Shoulder stand
9. Uprise
10. Upstart
11. Front vault Right and Left
12. Rear vault Right and Left

Horse

a. Side

1. Support frontways
2. Support rearways
3. Squat stand in saddle
4. Straight stand in saddle
5. Knee stand in saddle
6. The front vault
7. The flank vault

8. The squat vault
9. The rear vault
10. The straddle vault

b. Long

1. Straight stand on croup
2. Support lying position, hands on neck
3. Straddle vault with run (spring board)

Horizontal Ladder

1. Cross hang, frontways, hands on beams
2. Cross hang, frontways, on rung
3. Cross hang frontways travel (beams)
4. Cross hang frontways travel (rungs)
5. Cross hang rearways travel (beams)
6. Cross hang rearways travel (rungs)
7. Cross hang frontways travel foot and hands
8. Side hang frontways travel sideways R & L

Oblique Ladder

1. Straddle seat in rear of hands, ready to slide down
2. Climbing from under to upper side
3. Lying position rearways with raised toes
4. Lying position frontways on top of ladder, head and legs raised.

Stall Bars

1. Hang rearways and frontways
2. Hang stand, rearways and frontways
3. Squat hang, rearways

Lecture on the following pieces of apparatus:

1. Rings
2. Vertical Ladder
3. Giant stride
4. Climbing poles
5. Buck

Examinations

Two written

Practical on apparatus listed in outline

Written paper -- "How to Teach Apparatus to Junior High Pupils."  
(nine week outline--three times a week--fifty in a seventh grade class)

Tennis Course-----33M      Nine Weeks

Required Text--Tennis Fundamentals and Timing, by Bruce and Bruce

I. Equipment and Clothing

- A. Tennis racket--B. Two balls--C. Gray shorts--
- D. White sleeveless shirt-- E. Rubber soled shoes--
- F. Wool socks-- G. Athletic supporter.

II. The Tennis Strokes

- A. Serve-- B. Drive-- C. Chop-- D. Volley-- E. Lob--
- F. Smash

III. The Grips

- A. Eastern-- B. Western-- C. Continental-- D. Explan-  
ation, deomonstration and practice of the different  
grips.

IV. The Waiting Position

V. The Forehand Drive

- A. Preparatory movement
- B. Back-swing
- C. Foreward swing
- D. Follow-through

VI. The Backhand Drive

- A. Waiting Position
- B. Backswing and count of one
- C. Forward Swing
- D. Follow-through

VII. Practice Stroking

- A. Without a ball
- B. With a ball

VIII. The Serve

- A. Sliced
- B. American Twist

IX. The Volley

- A. Either forehand or backhand
- B. Drive volley
- C. Blocked volley
- D. Half-volley

X. The Lob



XI. The Smash

XII

XII. The Chop, Drop Shot, and Slice Drive

XIII. Footwork and Body Balance

XIV. Suggestions and Comments

A. Should be no stop in backswing, either forehand  
or backhand

B. "Hitting through" the ball

C. Control of ball

D. Practice carefully

E. Watch ball carefully

F. Keep back of ball

XV. Etiquette

XVI. Strategy

XVII. Definitions

XVIII. Examinations

A. Two Written

B. Practical Quiz which will include:

1. Serving

2. Batting ball against wall

3. Bounding ball on racket in three foot circle

C. Written paper on "How to Teach Tennis to Twelfth Grade Boys."

## VOLLEYBALL 34M

Nine Weeks

### Suggested Reference:

Sports for Recreation  
by The Staff of Intramurals -- University of Michigan

### History

Place in the Program

Summary of the rules

The fundamental skills

- a. Passing
  - 1. underhand
  - 2. Overhand
  - 3. One hand
- b. Serving
  - 1. Underarm
  - 2. Overarm
  - 3. Sidearm

The Attack

Feeding

Boosting

Spiking

Team Strategy

Defensive Play

Team Work

### Additional References:

Volleyball, a Man's Game -- Robert Lavagea

### Examination

- a. Two written
- b. Practical
  - 1. Serving
  - 2. Setting up
  - 3. Spiking
  - 4. Actual play
- c. Written paper concerning volleyball

SWIMMING 33M

Nine Weeks - 9:30 M.W.

Required Reference: "Swimming and Diving", by American Red Cross.

Suggested References:

Life Saving and Water Safety, by American Red Cross  
Beach and Pool Magazine

Journal of Physical Education, by the Y.M.C.A.

Swimming Simplified, by Lyba and Lida Sheffield

Scholastic Coach Magazine

Fun in the Water, by H. D. Edgreen.

A. Content of Course

1. Basic Leg and Arm Strokes
  - a. Side
  - B. Breast
  - c. Crawl
2. Continue elementary back stroke
3. Turning
4. Treading
5. Underwater swimming
6. Dives
  - a. Front
    - (1). Standing
    - (2). Running
  - b. Back dive
  - c. Jack-knife
    - (1). Forward
    - (2). Backward
  - d. Somersaults
    - (1). Front
    - (2). Back
7. Side Stroke
  - a. Underarm
  - b. Overarm
8. Breast stroke
9. Inverted breast stroke
10. Trudgeon
11. Trudgeon crawl
12. Back crawl
13. Recreational Aquatics
  - a. Fancy swimming and sculling
  - b. Stunt and comic diving
  - c. Group stunts
  - d. Group games
  - e. Tag games
  - f. Team games
  - g. Short plays
  - h. Partner contests

14. How to officiate swimming meets

15. Examinations:

a. Two written

b. Practical quiz on the nine basic strokes

c. Written paper on various phases of swimming

UNIVERSITY OF KANSAS  
LAWRENCE

DEPARTMENT OF PHYSICAL EDUCATION

Content of 31W - 32W  
33W - 34W

31W - Elementary Hockey

Development of skill and knowledge of the fundamental techniques: strokes, fielding, tackling, dodging, bullies, etc. Elementary tactics. Position and duties of each player. Rules.

31W - Intermediate Swimming

Development of skill in the following: elementary back, side, side overarm, crawl and back crawl strokes. Springboard diving.

31W - Tumbling

Elementary mat work, rolls, head stand, hand stand, cart wheels, etc. Pyramids, single and double stunts.

31W - Elementary Folk Dance

Simple folk dances of all nations based on the polka, waltz, schottische and mazurka. The folk element as it relates to peoples, customs and geography is presented.

32W - Advanced Basketball

Development of the following basketball skills: passing, catching, shooting, pivot, bounce, dodge, juggle. Team play and rules of the game.

32W - Elementary Tap

The rudiments of tap dancing, starting with relaxation techniques, triples, sevens, rolls and the waltz clog step. Suitable routines using these fundamental steps are taught.

32W - Intermediate Tap

A review of the work mastered in the beginning course is followed by a study of soft-shoe tap and the double shuffle time step with various breaks. More advanced routines based on these fundamentals are taught and opportunity is given for individual and group creative work.

32W - Elementary Track & Field

A study and practice of the following track and field events: sprints, hurdles, javelin, discus, shot, broad jump, high jump. General knowledge of rules of each event. Track meet held within the class.

33W - Advanced Hockey

Practice of advanced technique of strokes, bullies, dodging. Knowledge of rules - corner, roll in, penalty corner, penalty bully, 25 yard line bully, etc. Advanced team tactics, interchange and covering.

33W - Elementary Modern Dance

This course is an introduction to dancing as an art form, based on techniques designed to increase the strength, flexibility and coordinated control of the body. Movement fundamentals and the rhythmic application of these in creating dance composition showing an understanding of form and design are emphasized. The study includes the analysis of music to its form, meter, tempo, and rhythm.

33W - Advanced Modern Dance

This course includes the study of additional fundamental movements and their rhythmic application with special emphasis on more advanced creative activity in discovering original movements, ideas, design and rhythmical patterns suitable for use in composition.

33W - General Physical Education (Minor Sports)

A knowledge of the rules and technique of the following minor sports: Handball, Darts, Deck Tennis, Badminton, Shuffleboard, Ping Pong.

34W - Elementary Social Dance

This course is largely directed to the teaching of basic principles of waltz and Fox-trot rhythms with some time being given to teaching the currently popular variation of these fundamentals. Special emphasis is given to ballroom etiquette and opportunity is given indirectly to acquire a natural social ease.

34W - Elementary Volley Ball

This course presents the technique of passing, serving, setting up and spiking; method of rotation. Team tactics and general rules.

34W - Intermediate Tennis

The fundamental strokes of tennis; forehand and backhand drive, service, volley, lob and overhead smash. Court positions and tactics for singles and doubles. Knowledge of the rules.

34W - Elementary Baseball

The fundamentals of baseball; catching, throwing, pitching, batting, base running. The position and duties of each player. Team tactics; general rules of the game.