

## CHAPTER IV

### WINTER ACTIVITIES, INDOORS AND OUT OF DOORS

The winter season is a time when the intramural program is very much needed in the school. Students are likely to have the normal outdoor activities of daily living restricted during these months. There is a real need for active recreation. A well-rounded program can now be of great service to a school. The big difficulty is likely to be a lack of sufficient play space indoors. Because of congested facilities, close cooperation is needed between the various phases of the physical education work. Boys' and girls' required work, varsity athletics, and intramurals must be carefully programmed in order to allow fair opportunity for all. A well considered outdoor program will serve to relieve indoor crowding. In view of this we shall first take up outdoor activities, desirable because they relieve the crowding inside and give the benefits of outdoor environment, thus justify their growing popularity on both scores.

#### OUTDOOR SPORTS

1. Bob sledding and tobogganing are fine outdoor sports if certain safety precautions are observed. A regular course free from such obstructions as stumps, boulders, and ditches, should be found. The danger from using streets and highways for these sports is considerable and it increases in proportion to the number of open intersections. If a city street must be used for this purpose, it should be entirely shut off to regular traffic. These sports are particularly well adapted to co-recreation. They fit intramurals best if a point system is used, since they are not well adapted to competition. The big administrative difficulty is the weather. Generally speaking these sports are not of very much use except in northern states or in high mountain areas.

2. Ice boating is an interesting sport and fine recreation. The dangerous features are spots of open water and thin ice or ice unsafe in other respects. This sport is restricted to cold climates. Like most of the other outdoor winter sports, ice boating lends itself to co-recreation. Competitive racing is good. Cost of equipment cuts down participation.

3. Ice skating. Competitive ice skating and hockey offer interesting and invigorating sports for those who are skilled skaters. Skating is probably the most popular winter sport outdoors. It is well suited to recreational non-competitive sport. Open river or lake ice needs to be tested carefully for safety. A good many schools are now flooding tennis courts or other play areas during the winter months for use in skating and hockey. A climate with real winter weather is needed unless artificial ice is used. Artificial ice is satisfactory but expensive.

4. Skiing appeals to many people of both sexes. Equipment is a little expensive and there is some danger of injury. After a rudimentary knowledge of the sport has been acquired, it offers a very good recreational activity. It is not so well adapted to a competitive basis, except by a very few unusually proficient in the sport. It fits a point system best for school intramurals, points based on hours of participation, course traversed, etc.

5. Soccer. The sports mentioned previously will be found most popular in cold climates. Soccer is an outdoor sport well adapted to milder winter climates, particularly if the region is rather dry. The Southwest has suitable weather generally. Since there is little use of the hands, soccer is well suited to mild