

located where passers-by do not walk behind the targets. A 60 yard range will permit competition in the American and Columbia rounds. Competition may be by individuals or by teams and mixed matches may be held if co-recreational activities are approved in the community.

Archery can be practiced in both the fall and spring, and does not require special uniform.

BADMINTON

Badminton when played out-of-doors is a very fast game. Because of the lightness of the birds it is best played in a sheltered area where there is little wind. For a complete discussion see winter activities.

BICYCLING

Bicycling is an excellent activity that is rapidly becoming popular. It is not conducive to excellent posture but is a fine developer for the legs and thigh muscles. For a more complete discussion see spring activities.

CANOEING

Where water facilities are available canoeing can be used to provide many hours of recreation. It is discussed under summer activities.

FIELD HOCKEY

Field hockey is very definitely a fall activity, designed primarily for girls of senior high school and college age. It is played with eleven players on a side and requires equipment that is rather expensive. Field hockey offers physical hazards because of the sticks used and the running involved. For this game a preliminary training period should be provided to condition the participants. Because of the vigorous exercise it can be played until the weather becomes fairly cold. Field hockey is a highly organized game that does not appeal strongly to large numbers of girls. As a carry over sport it has no great value because of the limited facilities for playing the game.

GOLF

Golf is discussed among the spring activities.

HAND TENNIS

Hand tennis is played by both boys and girls from the intermediate grades up, but is probably most popular with children of the junior high school age. It can be played on any surface where a rubber ball will bounce. As it is used in Kansas City, Missouri, public schools, it is played on a court 10 feet by 20 feet. No net is necessary. A line painted or drawn on the playing surface serves as a net. The back serving line is 5 feet from the center or net line. The court is laid out like a singles' tennis court according to the dimensions just listed. Any good bouncing ball is satisfactory. The game can be played as singles or doubles and it lends itself to easy modification to suit local conditions. Because the courts are small, it is usually possible to have many of them. The game may be played and scored similar to regular tennis. It is very inexpensive and can be played outside wherever a dry surface can be found.