

Individual sports for use in the out of school program

The out of school program offers opportunity for girls to participate in many individual sports which are not included in the class program because of the nature of the sport. The organization of clubs for hiking, riding, and bicycling is a responsibility of the physical education teacher and will promote interest and participation. These activities are desirable for week-ends, after school and holidays. The sports suggested here have been selected because they contribute directly to the objectives of the entire program. The inference must not be drawn that this is the complete field of individual sports.

Hiking

Hiking to be of immediate value in a program of physical fitness must be brisk and reasonably long. Rests should be few and brief.

Camping

There are experiences in camping which are unmatched in any other situation. To live off the land, to take care of oneself against the onslaught of the elements, to live peaceably with fellow campers under primitive conditions are challenges every girl should have the opportunity to meet. Successful camping requires careful supervision of program, site, and sanitation.

Skating - Ice and roller

Skating is an enjoyable and inexpensive sport and if practiced regularly is a fine developer of endurance and speed.

Bicycling

Bicycling is of value in developing strength of legs and ankles.

Skiing and snow-shoeing

Skiing and snowshoeing are exhilarating sports for girls living in snow areas. Proper equipment is necessary for safety. Both sports can be enjoyed through adult life if reasonable skill is acquired.

Horseback riding

Horseback riding is an increasingly popular sport. Expensive riding habits are not essential. The cost of hiring horses may limit participation, but costs may be cut by riding in groups.

Skeet shooting

This sport develops a skill which may prove to be of value to girls in possible war service -- the skill of shooting at moving objects.