

Lapp

I am sure that helps solve the classification problem. Now, let us go back to the interview study. In this same study the boys also made a blanket statement about calisthenics. "We do not like calisthenics", they say. The investigator then asked what is calisthenics, and the boys answered to a man that they were exercises that they did all period at the command and count of their instructor. No wonder they did not like them. When asked about 3 minutes of exercises to warm up, the same boys thought calisthenics would be o.k. Can you blame the boys for not liking such an overdose? In connection with calisthenics, I had an experience just this fall which left me wondering about the desirability of giving only a few minutes of calisthenics daily. In the Westport district of Kansas City there is a place that makes, to my way of thinking, an excellent sandwich called a luscious hamburger. Often when in Kansas City I stop in to test the quality of these luscious sandwiches. Many of my former students think the same way as I do about these hamburger sandwiches, and I never fail to meet a student or two on each visit. The last time I stopped in to see if the quality was up to par, two boys came over and sat down and we talked about old times, physical education classes, and so forth. As the boys left they both said, "Dr. Lapp, we enjoyed our work in your gym classes more than any work we had in school, but we still don't like calisthenics." I used them for a few minutes at a time and had no intention of overdoing the activity. It is possible to get the needed big muscle activity in so many agreeable ways that there is no good reason for undesirable sports, games and drills, to be included in our program. Physical education should be fun. Dad, what has been your experience with calisthenics?

Perry

Doc, I'll agree that physical education should be fun, and maybe calisthenics can be made fun, or at least more bearable. I used to use calisthenics much more than I do at the present time. But I always attempted to show the effect the exercise would have on the boy by careful explanation. That is, if the boys really understand that physical education is to help make them physically fit, and if they desire to reach this goal, then push-ups from the floor with the arms, or double leg raising from lying on the back to strengthen the abdominal muscles, may be made to appear desirable. Particularly would this be true if the boy realized that he was low or below average in these strengths. This might become satisfying or even fun to the individual concerned about his physical needs.

Lapp

In the same interview study it was found that some boys disliked certain activities in physical education. Several of the boys did not like basketball. Why did they not like such a popular game? Because they were not as good at it as the other boys. Why were they not as good as the other boys in the same classes? The answer, when it was traced down, was that these boys were graduated from the country schools and had arrived in these high school classes without the same preparation in the playing of basketball. When asked if they would like to play, if they had a chance to learn the rules and the techniques, the answer was yes. The same reason for the dislike of other activities was found. No boy who was as good as average or better than average disliked the activities of the program under question. It seems to me that we should spend more class