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A Health, Physical Education & Recreation Program for the Todd County Consolidated School

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1948

A HEALTH, PHYSICAL EDUCATION, AND RECREATION PROGRAM
FOR THE TODD COUNTY CONSOLIDATED SCHOOL

6073
BY

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A THESIS
SUBMITTED IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE DEGREE OF
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Approved:-

Major Professor and
Department of Education
Graduate Committee

Francis Jones
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PREFACE

The purpose of this study is to outline an adequate, correlated program of health, physical education and recreation for the students of the Todd County Consolidated School of Elkton, Kentucky. The necessity for providing better programs of health, physical education and recreation in our public schools has been demonstrated in the results of the Selective Service medical examinations during World War II. All our educational agencies are stressing the need for a unified, integrated, and functioning program of this type. This study makes an attempt to develop such a program in this one particular school.

The opportunity is taken here to gratefully acknowledge the help given by Mr. H. W. Peters, Principal of the Todd County Consolidated School, and Mr. Claude Hightower, Superintendent of the Todd County Schools, in the preparation of this study. Appreciation is also expressed to Dr. Lee Francis Jones, Head of the Education Department of Western Kentucky State College, for his guidance in preparing the study, and to Mrs. Buford Rosson, who reviewed the manuscript.

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CHAPTER I

THE HEALTH PROGRAM

Health Examinations

Legal basis.- According to the Code for Health and Physical Education, adopted December 12, 1947, all school districts are required to provide medical and physical examinations for each teacher and each child at stated intervals, beginning not later than the opening of the 1948-49 school year.¹ The local school boards are also required to provide physical examinations for all children and teachers at any time, who, in the opinion of the school authorities, need such examinations.

Responsible authority.- The Todd County Board of Education, under the general direction of the Superintendent of Public Instruction, is the responsible authority. The Board of Education may delegate this responsibility to the Superintendent of the Todd County Schools. Many experts in the health field have pointed out that a good health examination, with a follow-up program to assure correction of the defects discovered, is the cornerstone of a good school-community health program. The responsible authorities, then, have a valuable function in initiating and maintaining the program of health examinations.

Who pays for the examinations?- The burden of expense for the examinations will fall directly upon the School Board. However, in many cases, the parents of the children will pay for the examinations through fees paid to their own family physicians. There is no public health doctor in Todd County, and for this reason, it would be impossible to secure expense-

¹ Kentucky Revised Statutes. SBE 53-2 RE: Code for Health and Physical Education.

free examinations from this source. However, the local doctors should be contacted and arrangements made by the Superintendent to have them conduct the examinations at the lowest possible fee. All of the local doctors would probably co-operate with the school in giving the examinations at a modest fee. The cost involved here could likely be met by local welfare agencies and civic clubs. The local Rotary Club would, no doubt, be very glad to help meet the expense of the examinations. It is to the advantage of the School Board and Superintendent to secure the co-operation of both private and public agencies in the co-ordination of community resources to secure financial support for the health examination program.

Frequency of examinations.— The frequency of medical and physical examinations for the teachers and students of the Todd County Consolidated School shall be:

For teachers: A medical examination shall be required upon employment, and physical examinations every third year thereafter.

For children: Although the new Code states that the examinations shall be made "in as far as local facilities and personnel are available,"² the frequency of examinations for the children of the Todd County Consolidated School is given as follows:

First examination: A medical examination of all children
in the first grade.

Second examination: A physical examination of all children
in the fifth grade.

Third examination: A physical examination of all children
in the ninth grade.

2

Ibid.

In as far as possible, physical examinations should be given each child every year. Although it would hardly be possible to have a physical examination, given by a medical doctor, for all the 550 children of the Todd County Consolidated School each year, the teachers can screen the children of their classes for pronounced deficiencies or disorders each year, and see to it that all doubtful cases are given a physical examination by a doctor.

Difference in medical and physical examinations.- There is only one significant difference between a medical examination and a physical examination. The medical examination includes the taking of the personal and family medical history while the physical examination does not. Both, however, must be given by a licensed medical doctor. After the initial examination of each child, the medical examination becomes a physical examination.

Who will conduct the examinations?- If the parents so desire, the family physician may give the examination to the child. If this is done, however, the proper forms must be used and, when completed, must be returned to the principal for filing.

A licensed medical doctor, retained by the School Board, will conduct the examinations at a specified time and place for the remainder of the children subject to examination.

Where the examinations will be conducted.- The examinations may be conducted in the office of the family physician, in the Todd County Health Department, or in the school. If future building permits, an examining room will be constructed in the school building. At that time, examinations for the children not having examinations by their family physicians, will be held in the school examining room. Until that time, the examinations should be conducted in the Todd County Health Department in Elkton. Doctor, nurse

and teacher, as well as a parent, should be present at the examination.

What the examination will include.- Minimum essentials for the physical examination of children have been set up by the State Department of Health. These are the condition of (a) nutrition, (b) skin, (c) eyes, (d) ears, (e) nose, (f) teeth and gums, (g) throat and mouth, (h) lymph nodes, (i) heart (before and after exercise), (j) lungs, (k) bones and joints (posture and feet), (l) abdomen (hernia), (m) nervous system (speech). The use of a stethoscope is required in the examination and a doctor (M. D.) must do the examining. A copy of the "Kentucky School Health Record" is shown in Figure 1.

In their suggestions concerning the Code, the State Department of Education states that twenty to twenty-five minutes will be the approximate time required by the doctor for each examination, with almost as much time required for the physical examination.

Minimum essentials for teachers' examinations.- The minimum essentials in the medical and physical examinations for teachers are as follows:

1. A chest X-ray. This test should be repeated annually.
2. Examination for venereal disease.
3. Immunization against typhoid fever.
4. Successful smallpox vaccination and periodic re-vaccination.

Not only teachers, but all other school employees as well, including bus drivers, cafeteria workers, janitors, principal and superintendent, should be required by the School Board to meet these minimum essentials.

Use of health record cards.- After the physician has completed the examination and the data has been entered on the school health record cards, if defects exist the parent should be advised by the physician to get the defect corrected. The school principal, after a reasonable length of time,

SCHOOL HEALTH RECORD

NAME	Date Record Opened:
Address	Date Record Closed:
Date of Birth	Sex: M F Color: W C Reason Closed:

I. PARENT'S	Name	Living	Dead	Date	Further NOTES on Family History, Medical History, Clinical Record, Health Habits, etc.:
Father					
Mother					

Family Physician _____
 Family Dentist _____

II. DISEASES	Date	DISEASES	Date
Diphtheria		Colds	
Measles		Convulsions	
Mumps		Earaches	
Poliomyelitis		Pneumonia	
Scarlet Fever		Rheumatism	
Smallpox		Accidents	
Whooping Cough		Operations	

IV. IMMUNITY STATUS	Date								
Diphtheria									
Whooping Cough									
Smallpox									
Typhoid									

V. PHYSICAL EXAMINATION

School & Grade								
Age								
Date of Examination								
Parent Present								
Examiner								
	Code	Note	Code	Note	Code	Note	Code	Note
Height								
Weight								
Vision								
	R		L					
Vision (with glasses)								
	R		L					
Hearing								
	R		L					
Posture								
Nutrition								
Scalp								
Eyes								
Ears								
Nose								
Mouth & Gums								
Teeth - Temporary								
- Permanent								
Throat & Tonsils								
Lymph Nodes								
Thyroid								
Skin								
Heart								
Lungs								
Abdomen								
Orthopedic								
Nervous System								

FIGURE 1. KENTUCKY SCHOOL HEALTH RECORD FORM TO BE USED IN THE HEALTH EXAMINATION PROGRAM OF THE TODD COUNTY CONSOLIDATED SCHOOL.

follows up the case to see whether or not the defect has been corrected or if an attempt is being made to correct it. If no corrective steps have been taken and it appears that no effort will be made to correct the child's defect, the principal should contact the health department. The school authorities and health department should co-operate in securing financial assistance in bringing medical aid to the child. If necessary, the help of community agencies and clubs can be enlisted.

Filing of health records.-- The health record forms containing cumulative health records for each child in school, should be filed alphabetically by grades in the principal's office of the Todd County Consolidated School. The principal will be responsible for recording corrections on the health records. He should periodically check the health records as a part of the follow-up program for the correction of physical defects of the students.

Disposal of health records.-- The health records of each child will remain in the active file throughout his attendance, after which they will be filed as part of the school's permanent record. In the event of the child's transfer, the health record will be transferred along with the other records of the child.

Health Instruction

It has increasingly become apparent that the schools have been reluctant to establish a definite program of health instruction. The indifference to health instruction in the schools of the State of Kentucky is illustrated by these findings taken from a thesis prepared in 1945-46: Only 55.3 per cent of the high schools of the State offer some form of health instruction; only 190 of the 484 schools responding to the questionnaire used in the preparation of the thesis, teach health as a specific subject. Two hundred and four of the schools fail to provide a health education program. Of the

190 schools which teach health as a specific course in the high school curriculum, only 67 make it a requirement.³

In response to a realization of the importance of the health aim in education and a sense of the school's responsibility in meeting that aim, the new Code for Health and Physical Education has made definite provision for instruction in health as well as for medical and physical examinations for all children.⁴ This not only enables the schools of the State to set up a definite health instruction program, but requires them to do so.

Legal basis for health instruction.-- According to the new Code for Health and Physical Education, "Health and Physical Education shall be included in each pupil's program of daily learning and living in the school," beginning not later than the opening of the school year 1948-49.⁵ To satisfy the requirements of the new Code each high school pupil is also required to successfully pass a specific course in basic health, this course to be taken preferably during the ninth or tenth year.

In order to comply with these requirements, the Todd County Consolidated School will meet with minimum standards of health instruction through grades one to eight, inclusive, and will require each student to successfully complete a course in health during the ninth or tenth year. At the present time, a full-year health course is offered as an elective for the eleventh and twelfth grades. In compliance with the recommendations of the Code, the high school health course will be offered in the curriculum of the ninth and tenth grades.

³ Clarence Hodges Wyatt, "The Status of Health and Physical Education in the Secondary Schools in Kentucky (1945-46)", Kentucky Educational Bulletin, Vol. XIV, No. 5. (Frankfort, Department of Education, 1946).

⁴ Kentucky Revised Statutes, op. cit.

⁵ Ibid.

Objectives for the program of health instruction.- As quoted from the Kentucky Educational Bulletin, "Getting the Health and Physical Education Program Underway in the Elementary School," the objectives of health instruction are as follows:

1. To encourage each child in developing habits of healthful living.
2. To help each child in developing an understanding that health is a means to an end and not merely an end in itself.
3. To help each child develop an understanding that healthful living is the body working together to produce a happy, energetic, enthusiastic and vigorous individual.
4. To help each child develop correct understandings, attitudes, and abilities relative to maintaining a safe and sanitary home, school, and community environment.
5. To guide each child in developing good mental health habits.
6. To help the children understand and develop correct attitudes toward the use of immunization."⁶

Recommendations for the teaching of health in the Todd County Consolidated School.- "Supervised health teaching assures every child.....the progressive unified experiences through which he should acquire a good stock of meanings and habits essential to the building of a well-rounded, well-developed, integrated self."⁷ In the acquisition of health meanings, the children learn best through utilization of experiences growing out of some particular situation and every teacher in the school should be alert for incidental opportunities to teach health. Some specific suggestions for the development of the health instruction program in the Todd County Consolidated School are given in the following paragraphs.

⁶
"Getting the Health and Physical Education Program Under Way in the Elementary School," Kentucky Educational Bulletin. Vol. XV, No. 3 (Frankfort, Department of Education, 1946).

⁷
Daniel J. Kelly and Effie F. Knowlton, "A Practicable School Health Program," School Health Monograph No. 1 (New York, Metropolitan Life Insurance Co., 1940).

Primary grades: A weekly, minimum, twenty-minute health teaching period is recommended for the primary teacher's program and, in addition, various periods throughout the week may be utilized when incidental health experiences arise.

Intermediate grades: A weekly period of at least forty minutes for the teaching of hygiene is recommended. Social studies also provide centers of interest which may suggest related health lessons.

Seventh and eighth grades: Specific courses of hygiene should be offered in these grades each year.

High school: A specific course in health for grades nine or ten. Health experiences which arise in such courses as biology and general science may also be utilized.

School health resources.— The Todd County Consolidated School is expected to bring practical opportunities in health education, physical education and recreation to all of its students. It is suggested that the principal and teachers of the school evaluate their school health resources by using a check list similar to the one published in the NEA Journal of October, 1947.⁸ Physical factors not complying with standard health principles should be corrected. It is only in this way that an effective program of health instruction may be offered in the school. If a health class instructs that frequent washing of hands is desirable, does not the school contradict itself when there are no opportunities for handwashing offered in the school?

Some of the more pertinent questions contained in the check list of

8

Ben W. Miller, "School Health Resources," NEA Journal, Vol. XXXVI (October, 1947), pp. 506-507.

school resources previously mentioned are as follows:

"Our schoolroom

- Is our schoolroom a healthy, happy place?
- Are the children comfortably seated in our schoolroom?
- Do we have good ventilation in our school?
- Is the lighting as good as possible under present conditions?
- Is plenty of safe drinking water available?
- Are sanitary toilets available?
- Are there opportunities for hand washing in our school?

Our children

- How many of the children look like healthy, happy children?
- How many children show real indications of good emotional and mental health?
- How many, as a rule, are neat and clean in appearance?
- How many have a health examination by a qualified physician upon entrance to school and at least every three years thereafter?
- How many children have cooperative and consistent follow-up for the correction of remedial physical defects by physicians, nurses, teachers, and parents?
- How many visit the dentist twice yearly?
- How many show evidence of sufficient sleep every night?
- How many usually breathe thru the nose with the mouth closed?
- How many habitually exhibit the characteristics of good posture and body mechanics in sitting, standing, walking, and other activities?
- How many give evidence of unimpaired sight?
- How many give evidence of unimpaired hearing?
- How many children bring an adequate, nourishing lunch to school or receive a hot and nourishing lunch at school?
- So far as can be judged from a knowledge of home conditions, how many have three nourishing, wholesome meals each day eaten....at regular hours?
- How many children have acceptable growth records in height and weight over an extended period of time?
- How many children have adequate physical activity and recreational opportunities?

Our community

- Are there conditions in our community which affect favorably the health and/or safety of our school children?
- Have we interested the principal, school trustees, and superintendent of our school in a wholesome, happy place for all children?
- Are we working in cooperation with the Parent-Teacher Association, mothers' clubs, and the many other community groups?

- Do we work with the city or county health officer, school and family physicians, and parents in helping to prevent the spread of communicable diseases?
- Do we make use of the facilities, personnel, services, and materials of all of the health, welfare, and recreation agencies within the community?

Our general safety

- Does our school have a well-planned safety education program in which the duties of the teachers, administrators, and children are cooperatively planned and practiced?

Myself as a teacher and example

- Am I an example for my pupils in health practices related to cleanliness, posture, rest, diet, sleep, exercise, and leisure-time interests?
- Do I have a periodic health examination?
- Do I visit the dentist twice yearly?
- Do I have a chest X-ray at least once every three years?
- Do I study my pupils, analyze their health, physical fitness, and recreational needs and use the best possible opportunities for good instruction?
- Do I always avoid the use of fear and intimidation in my relations with my pupils and colleagues?
- Do I strive for a friendly, pleasing personality?
- Do I strive for a pleasing voice?
- Do I strive to make myself a healthy, happy teacher and help others to be so?"9

⁹
Ben W. Miller, loc. cit.

CHAPTER II
THE PHYSICAL EDUCATION PROGRAM

Introduction

The Todd County Consolidated School, like many other schools of the State, has never maintained a physical education program as a part of the curriculum. To build such a program it will be necessary to determine a philosophy of physical education, to set up principles to guide the selection of curricular content and to determine the objectives toward which our efforts must be aimed. This first section is devoted to a determination of these basic concepts.

The philosophy.— Education is a process of growth or development which takes place as a result of the experiences a person has. From an educational standpoint, the experiences which provide for a maximum of pupil activity and participation are the most desirable ones. These activities, in turn, should lead to further educative activities and experiences. In addition, American education has a responsibility to help individuals to live effectively in a democratic society, and for that reason, should provide experiences based on the ideals of democracy.

Physical education is a branch of education which is concerned primarily with experiences that individuals gain through motor activities and related experiences. The emphasis should be placed not exclusively on education of the muscular system of a person, but upon education through physical activities. Skills and knowledges are the subject matter of physical education, but attitudes, interests and ideals that the pupils develop through participation are of fundamental importance. According to Blanchard and Collins, "a good physical education program must provide—

- An opportunity for the promotion of vigorous normal growth through a wide range of large motor activities . . .
- An opportunity for the development of sound attitudes, habits, and knowledge of wholesome living.
- An opportunity for experiencing and gaining satisfaction from such qualities as cooperation, social sensitivity, leadership, belonging, which give the child status.
- An opportunity to develop interest, joy, and satisfaction in many skills and these skills in terms of sports, dance and recreational activities now and which will continue into the mature use of leisure time."¹

Principles for curriculum construction.- These principles provide an opportunity to interpret the philosophy in the economic, racial and environmental factors of a community. They are standards which will guide in the selection of materials for the curriculum. The emphasis placed upon each one will depend somewhat on the conditions under which the curriculum is being constructed. None of them should be neglected however, regardless of existing conditions.

1. Children's interest in physical education varies with growth and development, sex, racial characteristics, heredity and environmental factors.
2. These interests should be weighed and evaluated and then measured against adult judgment as to the consideration that shall be given them when activities are selected.
3. Materials suitable for an urban center may be entirely in-appropriate for rural areas. Conditions may also vary considerably within a given urban center.
4. The socio-economic conditions are likewise important. Under-privileged communities require different activities than do those in a so-called privileged neighborhood.
5. Geographical variations demand curriculum materials according to the climate and topography of the section.
6. Both the teacher and the curriculum must be flexible if ultimate success is to be attained.

¹
Vaughn S. Blanchard and Laurentine B. Collins, A Modern Physical Education Program (New York, A. S. Barnes & Co., 1940), p. 2.

7. In selecting curriculum experiences, select those that are not only meaningful now but will also fit the individual for the society in which he is likely to live.
8. Materials should be chosen with reference to:
 - a. children's abilities
 - b. children's growth characteristics
 - c. school organization
 - d. scientific knowledge
 - e. facilities and equipment
 - f. past experiences.²

Some educators believe that the emphasis placed on physical fitness by the armed forces during World War II will have a pronounced effect on the physical education program of our schools. In other words, these writers believe that the amount of informality in pre-war physical education will decrease and that more emphasis will be placed on the physical fitness of the students than ever before. This belief has influenced the selection of program content for the particular school situation being considered here.

Objectives.— The objectives toward which the physical education program in the Todd County Consolidated School will strive are given below:

1. To provide educative experiences through controlled participation in physical activities.
2. To develop the organic systems of the body.
3. To provide carry-over leisure time activities through the development of skills and favorable attitudes.
4. To develop social and moral standards.

Personnel and Supervision

The school.— The material in this paper is adapted to a particular type of school situation, and as such, it is specific for use only in this

²
Vaughn S. Blanchard, Curriculum Problems in Health and Physical Education (New York, A. S. Barnes & Co., 1942).

school. The Todd County Consolidated School is a school consisting of twelve grades, including elementary school, junior high school and senior high school. It is located near the city limits of Elkton, Kentucky, and serves both the local children and the rural children who are transported to and from school in buses. The enrollment for the 1947-48 school year was 570 with a grade distribution as follows:

Grade 1	--	73
Grade 2	--	62
Grade 3	--	51
Grade 4	--	45
Grade 5	--	49
Grade 6	--	48
Grade 7	--	49
Grade 8	--	32
Grade 9	--	53
Grade 10	--	30
Grade 11	--	33
Grade 12	--	45

Personnel.-- The teaching set-up for this type of school situation will be that type in which physical education in grades one to six, inclusive, is taught by the classroom teachers; the boys and girls of junior and senior high school will be taught physical education by two specialists, a man and a woman who will also serve as supervisors for the elementary school program. The woman physical education specialist will do actual supervisory work with the elementary classroom teachers; the man physical education specialist will serve as director of physical education for the entire

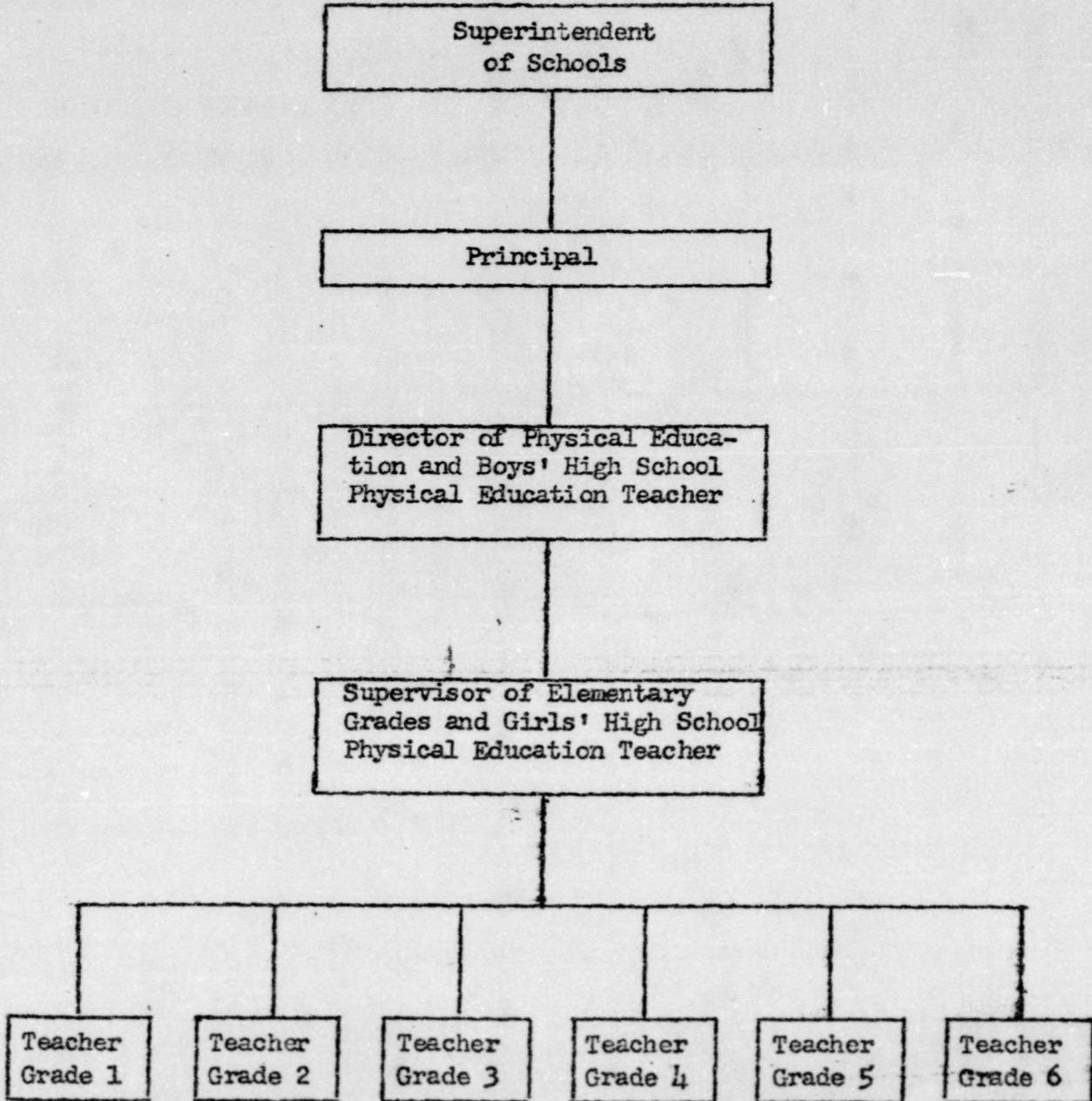
school. Using this method of teaching and supervision, the personnel involved would include: six elementary classroom teachers, one woman physical education specialist, and one man physical education specialist. This organization, showing administrative and supervisory control, is represented by the chart given in Figure 2.

Grade teachers.-- In the first six grades, the work in physical education will be taught by the classroom teachers. They will be assisted in this work by the supervisor of physical education in the elementary grades. The supervisor, as previously suggested, should be a woman, one important reason being that she will need to work with women classroom teachers. The supervisor must plan her work and relationship with the classroom teachers so that by her work she will raise the standard of teaching in physical education throughout the entire school.

Duties of classroom teachers.-- There are some general principles pertaining to the duties of all teachers which should be included under this heading for the classroom teachers teaching physical education in the lower grades. The teacher must realize her responsibilities and her power. She must work continuously to grow so that she may increase her understanding of boys and girls, their individual needs, and these needs in relation to their homes, to their community, and to society. She should gain insight into progressive methods and guidance techniques by improving her own professional competence. She must accept teaching as a joyous and exciting experience as well as a responsible and significant life work.

Along with these general duties, there are several specific duties of the classroom teacher for her work in the physical education program which we have outlined:

FIGURE 2.—CHART SHOWING ADMINISTRATIVE AND SUPERVISORY CONTROL FOR THE PHYSICAL EDUCATION PROGRAM OF THE TODD COUNTY CONSOLIDATED SCHOOL



1. The teacher is responsible for conducting the physical education program on every school day including the day on which the supervisor visits her class. When she is relieved it is only for the purpose of permitting her to observe demonstration teaching.

2. The teacher shall plan her lessons on the basis of the general outline furnished by the supervisor.

3. The teacher shall be present during every visit of the supervisor and shall make every effort to profit by observing her demonstration teaching, or by teaching at the supervisor's request, that the supervisor may know:

a. what and where help is needed

b. how well her own efforts are accomplishing the objective toward which she is striving.

4. The teacher shall look to the supervisor for help and shall request it when conscious of her need.

Training of classroom teachers.- The State of Kentucky has set up a type of general certification and, after fulfilling such requirements, an individual is eligible to teach in the schools of the state. The assumption here is that the training is sufficiently general for an individual to be able to teach any subject. This type of certification has hindered the development of physical education because many of our colleges require little training in physical education for elementary teachers. However, our teacher-training institutions are becoming mindful of the fact that all prospective teachers should have a minimum of training in physical education. As an example, Western Kentucky State College has set up minimum requirements for elementary teachers (Provisional Elementary Certificate):

Health Education - - - - - 3 quarter hours

Safety Education and First Aid - 2 quarter hours

Physical Education Activities - $2\frac{1}{2}$ quarter hours

The bad feature here, however, is that these minimum requirements do not include such courses as the nature and function of play or methods of teaching physical education.

We can easily see that the ordinary classroom teacher is not adequately prepared to teach physical education to her classes. However, since the tendency today is to make the activities informal, especially in the lower grades, the classroom teacher in the teaching set-up as previously given, should be able to present worth while activities to her class, under the direction of the supervisor.

What can we hope for in the future physical education training for our classroom teachers? For one thing, certification standards of the state should guarantee special training in physical education for teachers. Along with this, teachers should have training in the conduct of physical education both from the instructional and the laboratory standpoint. It would be wise to include such courses as the following in the elementary teacher's course of study:

Activities for the Elementary Grades

Child Hygiene

Nature and Function of Play

Methods of Teaching Physical Education in the Grades

Physical education teachers.- In the teaching set-up for the Todd County Consolidated School there are to be two physical education teachers, a man and a woman. The man is to serve as director of physical education for the entire school and also in the capacity of director of athletics. The woman

is to serve as supervisor of physical education in the elementary grades. These two specialists, aside from the duties just mentioned, will also teach physical education classes in grades seven to twelve, inclusive. The boys and girls in these classes will be segregated into groups of like sexes for teaching purposes. The man will teach the boys' classes; the woman teacher will teach the girls' classes.

Duties of the physical education teachers.- As physical education teachers, these specialists will have duties which, broadly outlined, can be considered as follows:

1. The teaching of physical education activities that will result in the development, character education, and knowledge of hygiene of the students.
2. The adoption of measures to insure a safe and healthful educational program.
3. The knowing, judging, and classification of their pupils.

In addition to these general teaching duties, each of the specialists will have other duties. The man teacher will serve as director of physical education and athletics; the woman teacher will serve as supervisor of the elementary program. The supervisory duties of the woman teacher are considered here and later on, we shall consider the duties of the director of physical education.

Pertinent underlying principles and duties of the supervisor of elementary physical education (specific for this method of supervision) are given below:

1. The objective of the supervisor is to raise the standard of teaching of the classroom teachers.
2. The best service of the supervisor is through that

organization and those methods which give help to the teachers in conducting the physical education program.

3. The supervisor is responsible for the planning of the general program content, and for helping the teachers in putting that program across.
4. The supervisor should never be allowed nor expected to act as a relief teacher, freeing the classroom teacher for a rest period.
5. The supervisor should function through demonstration teaching, observation, and conferences with the teachers, the relative amount of each function to be determined by the supervisor in terms of the problems of each specific teacher.

Training of physical education teachers.-- In securing the two physical education specialists to conduct the program in the Todd County Consolidated School, the Superintendent and the School Board should strive to find teachers that are well qualified for the positions they will hold. These teachers should have a minimum of four years of professional preparation beyond high school graduation. This preparation should include basic courses in such fields as biology, anatomy, chemistry, hygiene, physiology, psychology and sociology; such general courses in physical education as the administration of physical education, principles of physical education, courses in physical activity; courses in education, including directed teaching; and elective courses.

Along with professional preparation, the personal qualities of applicants should be carefully considered. The opinion of experts seem to indicate that the qualities listed below make for success in the teaching of physical education:

1. high intelligence
2. excellent character
3. good personality
4. good social qualities
5. excellent physical fitness
6. average or better than average scholarship in academic subjects
7. high ability and accomplishment in physical education activities
8. evidences of leadership in extra-class student activities.

Director of physical education.- In the system for teaching and supervision that we are concerned with, the director of physical education is also the teacher of boys' physical education classes in junior and senior high school. In addition, the director will have functions, duties and qualifications distinct from the other units of the organization.

The director's chief function is the improvement of the instruction in his department. He is primarily a supervisory officer. Although the organization outlined here lists the woman specialist as the supervisor of the program in the grades, the director must be concerned with the over-all supervision of the physical education department.

The director is responsible to the principal for the organization of the work of his department and for the instructional results which are secured.

He should be well qualified regarding the general functions and the specific objectives of instruction in his department. This involves a thorough understanding of the philosophy underlying the program.

The director should adapt the objectives, materials, and methods of

the community to the needs of the children in his own school, and adjust them to the various ability and interest levels among the pupils. He should become acquainted with the work done by the supervisor of elementary physical education and the work done by the classroom teachers. He should improve and enrich instruction, should keep in close touch with the principal, and should plan the schedule of classes in the department.

Teaching load.- Reports of experiences indicate that twenty-five instructional periods a week and ten periods for conferences and supervision of after-school participation make the most satisfactory teaching load for teachers of physical education.

Facilities and Equipment

Facilities.- The new Code for Health and Physical Education, adopted December 12, 1947, states in part, that, "Beginning not later than the opening of the school year 1948-49, Health and Physical Education shall be included in each pupil's program of daily learning and living in the school."³ Present facilities of the Todd County Consolidated School would prohibit strict compliance with the physical education section of this regulation, because at the present time, the facilities of the school are inadequate for maintaining a well-balanced program. In this section, the desirable facilities needed to maintain the physical education program will be discussed and compared with the facilities actually present at this time. Future construction is contemplated and the discussion here will attempt to determine the type and amount of construction necessary to provide adequate facilities for a desirable physical education program.

³ Kentucky Revised Statutes. SBE 53-2 RE: Code for Health and Physical Education.

The gymnasium: The gymnasium of the Todd County Consolidated School has, in the past, been used almost exclusively for basketball practices and games. The seating capacity of the gymnasium is small and there is need for enlarging it so that more spectators can be accommodated at the interscholastic basketball games. In order to provide for the additional seating capacity there has been some consideration given to the plan of tearing down the west wall of the gymnasium and moving it farther back so as to provide extra space for the construction of seats. If this construction does materialize, it would at the same time, with some excavating, provide sufficient space below the seats for the installation of dressing rooms, shower rooms, and auxiliary rooms, which would be used not only for the athletic teams but for the physical education program as well. Figure 3 shows the contemplated arrangement of the physical education rooms in the proposed plan of construction.

The gymnasium floor itself, is adequate for the use of physical education classes. It is made of hardwood and as there are some classrooms located below the gymnasium, is sound-proffed underneath.

Dressing rooms: At the present time, there is but one dressing room in the school. This is located in the basement of the main part of the building and adjoins the combination boys' rest room and shower room. This dressing room is used exclusively by members of the school's athletic teams, and is equipped with full-length steel lockers.

As this is the extent of dressing room facilities at the present time, it is necessary that the additional construction previously mentioned, provide two dressing rooms—one for the boys and the other for the girls. These dressing rooms will be equipped with tote baskets kept in metal racks in sufficient numbers for all the students at a peak hour. The full-length

steel lockers for the athletic teams would be moved into one section of the boys' dressing room and long benches placed along the rows of lockers. The floor should be constructed of concrete or tile and the walls should be of glazed hollow tile rather than plaster.

Shower room: The shower room in use now in the Todd County Consolidated School, as previously mentioned, is part of a combination rest room-shower room which adjoins the team's dressing room and it would be entirely inadequate for use in a physical education program involving more than 500 students. In the proposed construction, two shower rooms would be provided, one for the boys, another for the girls. The pattern of shower facilities recommended for use is that of individual showers with individual control in an open room. In the girls' shower room, however, it would be advisable to use a semi-private type of shower. The showers and lockers, of course, would be installed in separate, adjoining rooms. A footbath should be part of the equipment of the shower rooms.

Auxiliary rooms: The number and type of auxiliary rooms mentioned here are the minimum recommended for use in the physical education program of the Todd County Consolidated School:

1. Physical education office with adjoining dressing room-shower room for the physical education teachers.
2. Examining room.
3. Rest rooms adjoining the boys' and girls' dressing rooms.
4. Storage room.

Outdoor facilities: The Todd County Consolidated School has ample outside play area, as there are approximately five acres of school campus which could be used as play-fields. However, none of this area has an all-weather surface and there is a definite need for this type of construction.

There is ample space for playing such games as soccer, speedball, hockey, baseball, volleyball, etc.

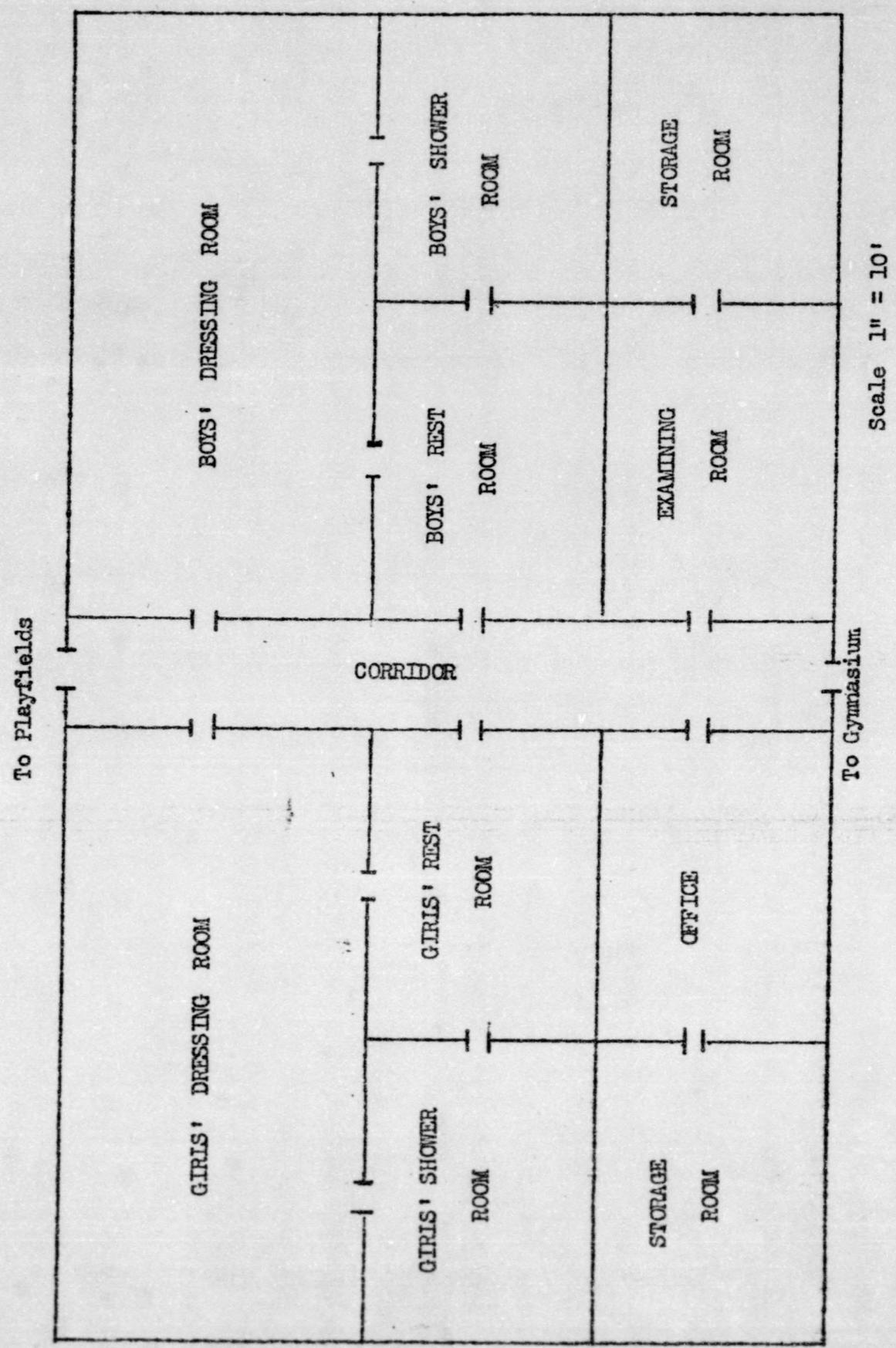
Equipment.-- The variety and amount of equipment needed varies according to the type of activities offered, the number of students, and the physical educational philosophy of the school. The list presented here is a recommended list of the types of equipment that will be required for beginning the physical education program in the Todd County Consolidated School:

- Rubber balls--"6
- Rubber balls--"12
- Bean bags
- Long rope
- Soccer balls
- Volley balls
- Basketballs
- Footballs
- Playground balls
- Baseballs
- Softballs
- Baseball and softball bats
- Bases for baseball and softball
- Archery equipment
- Badminton equipment
- Basketball goals
- Goals for soccer, hockey, fieldball, speedball
- Hockey shin guards
- Table tennis equipment
- Shuffleboard equipment
- Tennis rackets and balls
- Jump standards
- Gym mats
- Volleyball standards
- Miscellaneous:
 - Air guage
 - Stop watch
 - Guards for eyeglasses
 - Inflators
 - Tape line
 - Friction tape
 - Whistles

In addition to this list of equipment required for the physical education activities, there are several other items of equipment which must also be considered.

Costumes: Although it may not be possible at the beginning of the

FIGURE 3.-- DIAGRAM OF PROPOSED CONSTRUCTION OF PHYSICAL EDUCATION FACILITIES FOR THE TODD COUNTY CONSOLIDATED SCHOOL



program, the school should furnish gymnastic costumes for the students. School ownership would assure uniformity and cleanliness at a saving to the pupils and at no expense to the school other than financing the initial cost. The initial cost can soon be repaid from fees which will cover the full expense of the project.

Towels: It is important that towels and laundry service be supplied by the school so that each student may have a clean towel at the close of each physical activity hour. The number needed is one-third to one-half more than the full enrollment each week.

Equipment for the examining room: Minimum requirements include an eye chart, a loud-ticking watch, scales, and a height (measuring) device.

Equipment for the gymnasium: The National Achievement Standards call for nothing beyond sports equipment other than a balance beam, or a twelve-foot length of two-by-four board as a substitute, a mat and some bean bags. A piano is important.

The Instructional Program

Classification of pupils.- Williams and Brownell give five reasons for the classification of children in physical education. They are:

- "1. To serve their individual needs.
2. To promote fair competition between individuals or groups.
3. To facilitate instruction.
4. To assemble individuals of like interests as well as like abilities.
5. To insure continuity in the program from year to year."⁴

In the classification of elementary pupils in the physical education program of the Todd County Consolidated School, it is recommended that a

⁴ Jesse Feiring Williams and Clifford Lee Brownell, The Administration of Health and Physical Education (Philadelphia, W. B. Sanders, 1934).

physician's medical examination be used as the best single means of indicating the type of physical activity each of the students should engage in. If some other method of classifying elementary school children is needed, other than the medical examination and ordinary grade placement, such factors as height, weight, and chronological age are suggested.

Authorities disagree as to the one best method to use for classifying the secondary school students. For use in the program of the Todd County Consolidated School, it is suggested that the students be classified on the basis of grade placement. If some other means of classification within the group is advisable, the use of the Indiana Physical Fitness Test is recommended. This test was prepared to meet the need for a short, easy to administer test which can be given without expensive apparatus, in a minimum of time. The test is devised for the purpose of measuring the achievement of secondary school pupils in the physical education program. It is recommended that the tests be given at the beginning of the first semester, the beginning of the second semester and at the end of the second semester of each year. Pupil score cards may be devised for use with the tests. Norms have been established for both boys and girls.

Class size and organization.- For best results, the class should average from thirty-five to forty students. Organizing the class into squads of from ten to twelve pupils provides opportunities for handling large classes, measuring pupil progress, participation in self-testing activities and promoting friendly competition.

Time allotment.- In the elementary grades (Grades one to six, inclusive), each pupil will have instruction in physical education daily for a period of time equivalent to the amount of time devoted to any other academic subject. High school students will be given instruction in physical education

for three full periods per week of forty-five minutes each.

The time allotment suggested for various activities for the school year is: administrative activities, 7 per cent; athletic sports, 20 per cent; conditioning, 14 per cent; hygienic, 30 per cent; remedial, 5 per cent; rhythmic, 10 per cent; and self-testing, 14 per cent.⁵

Credit.- It is recommended that one-fourth unit of credit be allowed high school students per semester, and that two units be permitted toward graduation.

Content.- It would hardly be possible to enumerate here the entire curricular content for all the grades in the physical education program of the Todd County Consolidated School. It will be the duty of the director to prepare such a course of study which will utilize the facilities and equipment of the school in order to secure maximum results in the attainment of the objectives previously enumerated. He must seek suitable activities for each of the physical education classes which will provide training in all of the following types of activities: sports and games, rhythmic activities, conditioning activities and self-testing activities. Abundant material can be found in any of the recently published manuals in physical education, some of which have been listed in the bibliography.

In the selection of curricular content, careful consideration must be given to the physical, mental, and emotional characteristics of the children of each class and age group. McDonough lists the essentials to be emphasized in each of these developmental periods:

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"Physical Fitness Manual for High School Girls," Indiana Educational Bulletin No. 137 (revised). (Indianapolis, Department of Public Instruction, 1944).

"Primary Division—Grades I, II, III:

1. Good posture in standing and marching.
2. Vigorous trunk exercise with simple arm and leg movement.
3. Elementary rhythmic steps in alternation with marching.

"Intermediate Division—Grades IV, V, VI:

1. Good posture.
2. Free exercises of a medium degree of difficulty performed with energy and precision.
3. Rhythmic steps of medium difficulty executed with good finish.
4. Skill in games, track, and field work.

"Junior High School—Grades VII, VIII, IX:

1. Good posture.
2. Vigorous trunk exercise.
3. Better co-ordination in rhythmic steps.
4. An increased skill in games, track and field work.

"Senior High School—Grades X, XI, XII:

1. Vigorous trunk exercise.
2. A sustained effort to increase good posture.
3. Rhythmic steps demanding (especially for girls) difficult co-ordination.
4. Leadership and high degree of skill in track and field work and games."⁶

CHAPTER III

THE RECREATION PROGRAM

Introduction

The health examination, health instruction, and physical education programs for the students of the Todd County Consolidated School have already been considered. To supplement these programs, there is a definite need for a summer activity program which will appeal to the students of the school as well as to the general public of the community. As many of the students live on farms a considerable distance from the town of Elkton, it is plausible to believe that many of these students will not be able to take part in the supervised activities. However, an effort must be made to include as many of these "out-of-town" young people in the activities of the program as possible.

Recreation is defined as the sum total of re-creating activities selected as to kind, and conducted as to outcome. It was the purpose in preparing this section of the study to obtain, examine and evaluate all available material and information which may be of assistance in setting up a summer recreational program in Elkton, Kentucky, to serve the young people of the school and community in meeting the definition of recreation as given above. An attempt was also made to evaluate material which may be of future desirability in the program. In pursuing the available literature on the subject of recreation, it was soon realized that most of the published information on the subject of municipal recreation has been done from the standpoint of the large population centers. It has been necessary to revise and adapt this information to fit the limitations imposed by our own particular situation.

Elkton is a small town with a population of approximately 1200. An additional 500 people live in areas immediately surrounding the town, so we may assume that the recreation program must serve a population of approximately 1700. About one-third of this population is Negro. Although the initial program applies only to the white population, it is hoped that the program will eventually include activities for the Negroes. One of the principles of successful public recreation is that the program should reach all racial groups and all minority groups—in other words, the program must be democratic, and must attempt to serve all the people of a particular community.

The facilities available at the present time are:

1. The Todd County Consolidated School with its gymnasium, auditorium, library and dressing room.
2. An athletic field connected with the school building which may be used for athletic contests, i.e., baseball, softball, volleyball, etc. There is also sufficient space on the school campus for a playground, swimming pool and other recreational facilities.
3. A large Community House which could be used as a youth center; also, as meeting rooms for various clubs, and for dancing and banquets.
4. A plot of perhaps an acre of ground immediately to the rear of the Community House which is equipped with lights. At present, a tennis court is located there.

Nature of Program

The recreation program for Elkton is one that, in its first summer of operation, must not be too complex. One of the chief problems will be

that of the utilization of local facilities in order to meet the objectives of the program.

Although several civic organizations in this community are interested in a well-rounded recreation program, there has been little organization to guide their interests. The School Board and the County Superintendent of Schools (the Todd County Consolidated School is located near the city limits of Elkton) are also interested in such a program. The Superintendent feels that the school's facilities could and should be used by the community's citizens—especially the school children—for twelve months rather than just nine.

"The only sound goal for a community recreation program is one that is inclusive and democratic; one that serves both sexes, all ages, all races, people of all economic and social levels, national origins and religious preferences."¹ The Elkton program will attempt to reach this goal. The program, although primarily designed to provide worth while leisure time activities for school-age children, both boys and girls, will also include activities for interested adults. For the first summer of operation, due to limited facilities and funds, there will be no organized recreation for the Negroes; however, in keeping with the goal mentioned above, one of the first steps in the expanded program will be to set up a planned program for them.

There is a false concept that recreation programs are to be operated only during the summer months. By the nature of the word "recreation," it is erroneous to confine its activities to the summer alone.² Therefore,

¹ "Essentials for Developing Community Recreation" (Chicago: The Athletic Institute, 1946), p. 18.

² Ibid. p. 17.

the Elkton program will be expanded into a year-round program as soon as conditions permit.

The objectives of a good recreation program are listed below. From time to time, these objectives will serve as a check list for the progress attained by the program:

1. Organic development.
2. The formation of acceptable habits and attitudes.
3. The development of sportsmanship.
4. The acquisition of fundamental skills essential to successful athletic participation.
5. The development of comradeship, group morale, social standards and enthusiasm.
6. Training in relaxation.
7. Free play in a healthy environment under trained leadership.
8. The development of leadership.
9. The solution of youth's discipline problems through providing opportunities for the release of surplus energy, pent-up emotions and inhibitions.
10. The development of acceptable health interest and attitudes.
11. The development of latent capacities and abilities.

Much emphasis has recently been placed on the problem of juvenile delinquency. Although this problem has not reached the crest of a "crime wave" in the town of Elkton, it has, nevertheless, caused some consternation among the parents of adolescent children. It is believed that the recreation program will tend to subdue this teen-age restlessness, for no other reason than that it will give them a constructive way to occupy their time.

Organization

The organization of the recreation program for Elkton must be done from two standpoints: The initial program and the future program. This is necessary because of the difference in the financing program in its initial stage and in its proposed future operation. For the first summer of operation the program will be financed jointly by the school board and by civic organizations. This makes it advisable to have joint representation of these financing agencies on a Recreation Council. However, in the proposed future program, when the School Board and the City of Elkton, through the use of public funds, jointly finance the program, it will be necessary and advisable to establish a legal recreation board to conform to the Kentucky statutes.

The steps necessary to set up the organization which will control the initial program are given below:

1. General assembly of all citizens interested in a recreation program for the Elkton community.
2. Establishment of a Recreation Council.
3. Appointment of a Recreation Director.

General assembly.- This consists in the bringing together, in informal session, of all individuals, all community agencies and organizations interested in a recreation program for Elkton. The superintendent of schools will be the initiating agent. It will be his responsibility to publicize the meeting in order to secure a wide representation of all interests of the community. It is suggested that the meeting be held sometime during the month of February to allow ample time to do all the detailed work in order to have the program in actual operation early in June. The school superintendent should preside over the assembly and state the purpose of

the meeting, by saying that, with summer coming on, Elkton has a real trouble-maker in its midst—the lack of appropriate recreational activities. He should outline the program anticipated and impress upon the people that only through cooperative community action may such a program be realized. It would also be wise to invite someone from out-of-town who is prominent in recreation work, to speak to the assembly. As a final part of the program the superintendent should appoint a planning committee composed of three members. The function of this committee would be to further consider the facilities and the program, and to appoint a Recreation Council to administer the initial program.

Formation of the Recreation Council.— The planning committee appointed at the general assembly, should meet as many times as possible in order to appoint a Recreation Council. To secure representation of all the civic organizations and churches on the council, it is suggested that the planning committee list the churches and civic associations of the community, and then invite each of these organizations to recommend one of their members to hold a seat on the Recreation Council. Such organizations would include: Baptist Church, Christian Church, Methodist Church, Presbyterian Church, Rotary Club, Women's Club, Parent Teachers Association, Civic Club, American Legion and the Board of Education. Therefore, if one member is selected from each of the organizations listed above, the Council would consist of ten members and the recreation director. Because the members of such a committee represent specific groups, it will be necessary for these individuals to subjugate their personal and group interests to the interests of the community as a whole.

The work of the planning committee should be completed in April. The names of the members of the Recreation Council should be announced by the

planning committee after which the committee would cease to function.

Meetings of the Council should be held bi-monthly throughout the summer; monthly during the winter. At the first meeting of the Council, by-laws should be adopted and officers elected. As soon thereafter as possible, a recreation director should be named. Duties of the Recreation Council are listed below:

1. Engaging a recreation director.
2. Financing the program.
3. Providing the necessary facilities and equipment.
4. Integrating the work of the school with the work of the Council.
5. Determination of the activities to be included in the program.
6. Laying plans for future expansion both in program and facilities.
7. Seeking ways and means of financing the program in the future through public monies.
8. Making frequent surveys to determine how best to serve the community.

Appointment of a recreation director.- The appointment of a director will rest directly with the Recreation Council. His appointment should be made as early as possible so that he may make plans for getting the program in operation as scheduled. In the selection of a director, the Council will want to give especial consideration to the fact that they will concentrate on teen-age activities for the first summer of operation, and until more personnel can be engaged for the activities of the program.

Legal recreation board.- So far in our discussion we have considered the formation of a Recreation Council to administer the program until when,

at some future time, the Elkton City Council, along with the Board of Education, will assume financial support of the program. It is believed that after the program has operated successfully for some time there will be enough public sentiment in favor of it, that public funds can be drawn upon to support a more adequate, expanded program. This will necessitate the establishment of a legal recreation board as provided by law.

The legal recreation board will be officially responsible for the direction of a tax-supported public recreation program. It will be officially charged by ordinance to provide areas, facilities, and a recreation program for the people of the community. It should have by-laws outlining regulations concerning officers' duties, elections, fiscal affairs, etc. The board should be appointed by the mayor, pursuant to the Recreational Enabling Legislation.³ The recreational program, under the legal recreation board, would be co-sponsored by the Elkton City Council and the Todd County Board of Education, each contributing an equal amount to support the program. The board would be entirely non-political and would consist of five members, appointed for terms of five years each, who would serve without pay. The board will elect its own officers other than a treasurer. The city treasurer, by virtue of his office will serve as treasurer of the board. The functions of the board are to set standards and policies for the recreation program, to acquire new play areas, recreation centers and adequate facilities, both indoors and outdoors. It has a responsibility to interpret policies, plans, and budget needs to the community; to see that the necessary funds for the program are secured and are economically used, and that the department is well administered.

³

Kentucky Revised Statutes, Chapter XC VII, 1944, pp. 865-881.

Co-operation of the school.- The Board of Education will be expected to contribute funds as well as facilities. It should make available, equip and maintain the school campus and indoor school facilities and pay for lights and repairs to the school plant. It should help provide permanent additions to the school plant such as bleachers on the athletic field and lighting of play-fields. There will be considerable interchange of equipment between the school and the recreation department. The school should help in publicizing activities of the recreation program and should make rooms available for group meetings, also the gymnasium and auditorium for special events.

Cost of the Program

As the amount and kind of expansion engaged in during future operation cannot be immediately determined, only the estimated cost of the first summer of operation is given here. The activities to be offered have been surveyed as to the equipment necessary, and in this manner, the figures given below have been determined. Several activities have been selected which will not require a direct financial outlay by the Recreation Council. For example, the American Legion and Ford Motor Company will finance the junior baseball program. By taking advantage of this type of desirable activity, the actual expenditure for the activities of the program will be reduced considerably.

It is believed that a budget of \$1000.00 should be set up for the first summer. This amount is to be divided as follows:

Director's salary	-----	\$500.00
(The director is to devote full time to recreation work for a period of 12 weeks).		
Equipment	-----	\$400.00
(Based on an estimate of equipment needed, and then computing the total cost from prices quoted in a recent sporting goods catalog).		

Maintenance - - - - - \$100.00
 (This item includes such expenses as lime
 for lining the playfields, repair of
 equipment, and labor).

Total - - - - - \$1000.00

Financing the Program

"The modern community supports education, health, recreation, welfare and related services as essential to the individual and society. The provision of these services is a responsibility of the entire community including public, private and voluntary agencies."⁴

To ultimately reach the objective of support by the entire community, the financing program must necessarily be divided into two periods, as was done in the section on organization: The initial program and the proposed program.

The Initial program.- Private initiative and generosity have always played an important part in furthering the progress of municipal recreation. In a study of many recreation departments conducted by the Federal Security Agency, it was found that in 109 cities and villages in the United States in 1931, the only funds for public recreation, which were reported, were supplied from private sources. In the large majority of these instances (78 per cent), the population of these cities and villages was less than 15,000. The donations and subscriptions were made for public recreation purposes, sometimes directly to the city but more frequently to semi-public associations operating under the auspices of the city governments or public-spirited private organizations.⁵ In short, these findings illustrate the

⁴ "Essentials for Developing Community Recreation" (Chicago: The Athletic Institute, 1946), Preamble.

⁵ Randolph O. Huns, Financing Municipal Recreation (Menasha, Wisc., The George Banta Publishing Co., 1935), pp. 43-56.

fact that the financial co-operation of private individuals and groups is still essential in many of the smaller cities and towns to provide the means for recreation activities. With these statements in mind, we can conclude that the initial financing plan for the Elkton program is justifiable.

As the budget for the first summer of operation calls for an outlay of \$1,000.00, the Recreation Council of Elkton must consider ways and means of raising this amount. It is suggested that this be done in the following manner. The Superintendent of Schools has signified that the School Board would contribute half of this amount, or \$500.00. This leaves a like amount to be contributed by the Recreation Council. To raise this amount, it is suggested that each organization represented on the Council contribute proportionate amounts, that is, since there would be nine organizations represented other than the Board of Education, each organization would contribute \$55.55.

The proposed program.- The only sound method of financing a community recreation program is to obtain a definite, adequate amount of public funds through public appropriations, earmarked for the sole purpose of recreation.⁶ There are many reasons (which have already been enumerated under "objectives of the program") why a recreation program can lay claim to an adequate share of the income derived from the general tax levy. It will be the objective of the Elkton program then, to support its program through public funds, after the initial program has proved to the citizens of the community the need and necessity for such a program.

Under actual operation of the proposed financing plan, the Elkton City Council and the Todd County Board of Education would jointly appropriate

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"Essentials for Developing Community Recreation," loc. cit., p. 14.

funds for the support of the program. This is legally made possible in Chapter XCVII of the Kentucky Revised Statutes, sometimes referred to as "The recreation enabling act." In this chapter of the state statutes, we find several sections which are especially important in the proposed plan of financing the program at Elkton:

"Any two or more cities, or any city and county may jointly establish, maintain and conduct a recreation system. Any school district may join with any city or county in providing and conducting public playgrounds and recreation centers." (97.010) (3909a-4)

"The legislative body of any city or fiscal court of any county may establish a playground and recreation system and may vest the power to provide, maintain and conduct playgrounds and recreation centers in the park board, board of education or other existing body, or in a playground and recreation board....." (97.020) (3909a-2)

"Whenever the legislative body of any city or the fiscal court of any county establishes a supervised recreation system.....the legislative body or fiscal court may appropriate money out of the general funds of the city or county for the purpose of equipping, maintaining and operating the recreation systems." (97.050) (3909a-6)⁷

As has been mentioned under the section on "Organization," the Elkton proposed program calls for the establishment of a legal recreation board. At the same time, the program of financing would cease to be one of private subscription together with the appropriation made by the Board of Education, and would immediately become publicly financed through the City Council and the Board of Education. Both of these steps are legally made possible under the statutes included in Chapter XCVII of the Kentucky Revised Statutes.

⁷
Kentucky Revised Statutes, loc. cit.

Personnel

During the first summer of operation of the recreation program, there will be only one full-time member of the staff—the director. He will be appointed by the Recreation Council and will be responsible to the Council. His duties are as follows:

1. General direction of the program under the policies set up by the Recreation Council.
2. Supervise volunteer workers.
3. Prepare, administer and supervise programs of operation, including budgets for same.
4. Make general plans for construction and maintenance of recreation areas and facilities.
5. Determine the needs of the community and formulate plans for future development to meet the needs.
6. Prepare reports concerning the program and submit to the Recreation Council.
7. Develop the organized athletic program of the recreation program.
8. Organize, develop and supervise a program of participation in all of the activities maintained as a part of the program.

Much of the supervisory work of the initial program will need to be performed by volunteer workers. Elkton, through its civic clubs and churches, offers a fertile field for such assistance. These organizations may be asked to furnish volunteer workers for supervision in such activities as the playground, teen-age canteen, roller skating and the library. The Boy Scout troopp will furnish valuable assistance in maintenance of the playfields, lining of the courts, clean-ups, etc. The Girl Scouts may help in the library.

In keeping with a policy of future expansion, it is believed that in addition to the recreation director, the personnel should include a full-time playground supervisor and assistant to the director and also, a full-time maintenance man. As the program and facilities become expanded, this additional help will be required.

Facilities and Equipment

Facilities.- The existing facilities have previously been enumerated. They include: 1. The Todd County Consolidated School with its gymnasium, auditorium, library and dressing room. 2. A large playground and athletic field on the school campus. 3. The Community House. This is a large two story building with dining hall, ball room, kitchen, small theatre, and club rooms. 4. An area immediately to the rear of the community building which would be an ideal site for a play-field, as it is equipped with lights and would permit the scheduling of night activities. All of these facilities would be available for any of the activities sponsored by the Recreation Council.

Equipment.- In an effort to present a well-balanced program on a small working budget, it has been necessary to try to find as many activities as possible that would need little or no equipment, or activities that would pay for themselves through a specific program. The list that follows is a list of equipment which the Recreation Council must furnish for the first summer. Prices are quoted from a recent sporting goods catalog.

Quantity	Item	Price each	Extended price
48	Softballs	\$ 2.00	\$96.00
24	Softball bats	1.60	38.40
2	Softball mitts	5.95	11.90
2	Body protectors	5.45	10.90
2	Catchers' masks	2.75	5.50
1 set	Bases	6.95	6.95
1	Tennis net	10.60	10.60

	First Aid supplies		\$ 5.00
2	Volleyballs	\$ 8.45	16.90
2	Volleyball nets	4.65	9.30
2 sets	Badminton	15.95	31.90
2 sets	Table Tennis	6.75	13.50
4 pr.	Horseshoes	1.25	5.00
2 pr.	Horseshoe spikes	1.40	2.80
2 sets	Shuffleboard	5.65	11.30
1 doz.	Shufflecocks		4.20
	Material for 1 table tennis platform		10.00
	Reserve fund for additional expense		110.30
	Total		<u>\$400.00</u>

Publicity

No recreation program can be successful without community support.

A sound public relations program is essential, and public relations should be a concern of the Recreation Council from the start.⁸ Public partnership should be maintained by keeping popular opinion abreast of the program.⁹

All media available should be used to interpret community recreation and win public support for it. Two methods of enlisting community support are suggested for use in the Elkton program:

1. By keeping the civic, social and church agencies of the community represented on the Recreation Council.
2. By using the columns of the local newspaper, The Todd County Standard, to keep the community informed as to news items concerning the program.

The Program

A recreation program should be community-wide, with interests for young and old, including indoor and outdoor activities, sports, athletics,

8

"A Report of Community Recreation for Young People," Federal Security Agency, Division of Recreation (Washington, U. S. Government Printing Office, 1944), p. 15.

9

"Essentials for Developing Community Recreation," loc. cit., p. 20.

games, music, arts, crafts, drama, lectures, forums, social recreation and community events. In its initial stages, the Elkton program, due to limitations imposed by such factors as facilities, personnel, and finances, will not be able to offer all the types of activities enumerated above. However, it is believed that the program will evolve and expand, adding greatly to the content of the program, until activities are offered in each of the phases of recreation mentioned. The discussion here will be concerned with the activities to be included in the first summer's program. These activities are: Junior baseball, adult baseball, junior softball (boys and girls), tennis, roller skating, playground and gymnasium activities, teenage canteen, library, Boy Scout activities, Girl Scout activities, and special events. Each of these activities will briefly be considered as to how it will fit into the general program, the age group included, the organization of the activity, how it will be supervised, facilities and equipment necessary, and how it may be financed. A suggestive daily program for these activities is given in Figure 4.

Junior baseball.— Interest in baseball in the community, especially in school-age boys, is very high. For this reason, activities in junior baseball as a phase of the recreation program would be desirable. A baseball team is supported by the local high school during the spring. These boys would be interested in continuing baseball throughout the summer as a leisure-time activity.

Age Group: All boys up to the age of seventeen will be eligible to participate in this activity.

Organization: To get the program under way, all boys in this age group would be called together in a general meeting. Representatives of the American Legion and Ford Motor Company should also be present to explain

their interest in this program. The boys would then be divided into teams. These teams would practice at specified times; would play each other on certain days; and efforts would be made to schedule games with similar teams from other towns. In this latter case, a "junior American Legion Team" would be formed from the local boys to play the out-of-town team. In the American Legion junior baseball plan there are district, state and national play-offs. The "All-Star" team of Elkton boys would play under this plan.¹⁰

Supervision: This activity would be actively supervised by the director.

Facilities: There is a baseball diamond located on the athletic field of the campus of the local school.

Equipment: It is believed that the minimum amount of equipment needed to satisfactorily maintain this program would be as follows:

5 doz. baseballs
3 doz. bats
1 catcher's mit

Practice equipment, gloves, and accessories must be furnished by the individuals participating. Such items of equipment as masks, body protectors and leg guards would be furnished by the school.

Financing: The Ford Motor Company and American Legion finance this program. Early contact should be made with the local representatives in Elkton in order to secure adequate financial assistance.

Adult baseball.- Elkton, for many years, has not supported an adult baseball team. There are probably several reasons for this. The main reason is that no one has taken enough organizational interest to promote and maintain adult baseball interest. With the Recreation Council supporting

¹⁰

"The American Legion Junior Baseball Handbook," National Americanism Commission (Indianapolis, The American Legion, 1947).

such a program, it is believed that this activity would be successful.

Age Group: If the team secures membership in a league, this factor will depend upon the existing league regulation regarding age eligibility. If the team plays as an independent unit, it is suggested that the minimum age be seventeen as boys younger than this will be accommodated in the junior baseball program.

Organization: General organizational meetings should be held early in the year so that all requirements for entrance into a league may be met. If membership in a league cannot be secured, meetings should be held to consider such details as personnel available, facilities, equipment, financing and selection of manager and secretary-treasurer. This will insure efficient operation as an independent club.

Supervision: The specific supervision of this activity would be the responsibility of the manager of the team. However, the team manager would, in turn, be responsible to the recreation director. The secretary-treasurer of the club would handle such details as scheduling of games, correspondence, and handling of the funds of the club.

Facilities: The baseball diamond located on the high school athletic field would be available for practice and scheduled games of the Elkton Club. The dressing room and showers in the school building would also be available.

Financing: It is believed that the Recreation Council could secure the financial backing of the local merchants, as an advertising program for them. The merchants would be asked to purchase the baseballs, bats, catcher's mitt, first baseman's mitt, mask, body protector, shin guards, and uniforms. The expense involved here would be approximately \$400.00. If twelve local merchants could be secured to provide this equipment, each would have to

contribute approximately \$34.00

If the financial assistance of the merchants is not adequate, several other plans might be resorted to. These include:

1. Programs presented in the school auditorium with the proceeds going to the support of the ball club.
2. Admission to the games, or pass-the-hat donations at the games.
3. A fee levied on each of the players. This is an undesirable practice and should be resorted to only if absolutely necessary.

Junior Softball (Boys and Girls)- Softball, in a general sense, has a more broad appeal for active participation than does baseball. This activity, in the Elkton plan, would serve the function of providing those boys who do not wish to play baseball with an appropriate activity, and it would also provide the girls with a desirable type of physical activity.

Age Group: From nine to sixteen, inclusive; both boys and girls.

Organization: It will be desirable to hold meetings of all boys and girls wishing to participate in this program. At that time, the participants of each sex can be divided into teams based on age. Later in the summer an effort would be made to schedule softball games with boys' and girls' teams of similar age groups from neighboring towns.

Supervision: The recreation director will supervise the boys' softball program, as well as the girls' program, if necessary. However, an effort will be made to secure a local woman to act as a volunteer supervisor of the girls' program.

Facilities: Ample facilities are provided on the athletic field of the Todd County Consolidated School.

Equipment: The estimated amount, type and cost of equipment necessary for this program would total approximately \$170.00, and has been included in the list of equipment given on page 45, which is a list of equipment the Recreation Council must provide directly.

Financing: This activity would be financed out of funds set up in the Recreation Council's budget.

Tennis.- Tennis, as an activity in the Elkton program, will be encouraged. Prior to this time, the people of the community have shown little interest in this sport. However, it is believed that the recreation program, by stimulating active participation in the game, will tend to develop a wholesome interest in tennis among the people of the community.

Age Group: No age limits will be established. However, when tournaments are held, age limitations will define junior and senior divisions.

Organization: No definite organizational procedures need to be used in this activity. The courts will be open to the people of the community at any time during the day, and on certain week-day nights. During the summer, tennis tournaments will be held. Competition will be scheduled in two divisions: junior and senior. Each of these divisions will be further divided into male and female groups.

Supervision: This activity will be supervised by the recreation director, with the help of volunteer assistants.

Facilities: Elkton has one clay surface court located on a plot of ground immediately connected with the Community House. The court is lighted for play at night.

Equipment: All of the equipment, with the exception of the nets, must be furnished by the participants. At present, there are two nets available. The Recreation Council will provide a replacement net for the first summer

of operation.

Financing: As mentioned before, the only equipment that the Recreation Council will need to provide for this activity is a tennis net. This item has been included in the general list of equipment on page 45. The other expense necessary will be that for maintenance, including lime for lining the courts, repair of back-stops, etc. These items are provided for in the Recreation Council's budget under "maintenance."

Roller skating.- This phase of the program is designed to present an attractive night activity, especially for the school children, so that they engage in it, rather than some undesirable activity.

Age Group: No limitations, although an effort will be made to encourage participation of the children of school age.

Supervision: The recreation director will be charged with the active supervision of this program at all times when the activity is in progress. He will need to secure the services of several volunteer assistants, in order to relieve him of as much of the detail work as possible. The Boy Scouts may be called upon to render this assistance. As a pre-caution for the director, he should set up definite skating regulations and see that they are observed at all times.

Facilities: The gymnasium of the Todd County Consolidated School will be available for this activity. Many school administrators are very dubious about the use of roller skates on a gym floor, fearing that the skates would cause considerable damage to the floor. For this reason, the use of skates on gym floors was investigated. Mr. J. T. Alton, Principal of Vine Grove Consolidated School was written and here are some excerpts from his letter of reply: "(Skating) does not seem to do much damage to the floor (in fact, skating on the floor does about the same thing to the

floor that a good sanding would do). Our experience has been that two coats of some good floor finish will put the floor back in good condition for basketball. The gymnasium floor at Vine Grove is about twenty-five years old. It has been skated on every summer. We use the "Chicago Roller Skate" (fibre wheels)."¹¹

After reading an article on roller skating on gym floors in "Recreation," by Patrick A. Tork, Assistant Professor of Physical Education, West Virginia University, this gentleman was written to secure his ideas on the subject, based on his experience.¹² In reply, he wrote, "The Fiber-wheeled skates were used extensively by us in our program and our experience showed no damage to the floor. Mr. Danforth, Director of Recreation for Madison, Wisconsin, last year, also had written to me about roller skating. In a recent communication, he told me that he is using roller skating in eight schools in the city as an activity of the general recreation program.... We purchased our skates from the Chicago Roller Skate Co., Chicago, Illinois, and found them very satisfactory."¹³

Equipment: The skate equipment for the first summer will consist of fifty pairs of #778 Chicago Roller skates, with fibre wheels. Suitable sizes could be secured by ordering "Factory sizes—age group, 9 to 20."

Financing: The #778 skate, manufactured by the Chicago Roller Skate Company, sells at \$4.00 per pair. This would make the total cost of the skates \$200.00, plus freight charges from Chicago. It is suggested that the Recreation Council borrow an amount from the local bank sufficient to

11

Personal letter from J. T. Alton, dated June 12, 1947.

12

Patrick A. Tork, "Meet You at the Rink!," Recreation, Vol. XXXIX, No. 6, (September, 1945). pp. 293+ .

13

Personal letter from Patrick A. Tork, dated June 13, 1947.

purchase fifty pairs of skates. Then, until this loan has been liquidated, a fee for the use of the skates would be charged for each hour of use. After the skates have been paid for, this fee could be reduced, charging only enough for the use of the skates to maintain them.

The cost of the skates is not given in the list of necessary equipment on page 45 for the reason that it is believed that in one summer of operation, the loan to cover the cost of the skates will be liquidated, through the fees charged for their use.

Playground and Gym activities.- This phase of the program will provide for the scheduling and supervision of activities on the school playground and athletic field and in the gymnasium. Types of recreational activities to be offered under this heading include: supervised play for the younger children on playground apparatus, badminton, horseshoes, volleyball, unorganized softball, baseball, football and basketball practices.

Age Group: All ages. It would be advisable to announce in the local newspaper that all children under six years of age should be accompanied by a parent or older playmate.

Organization: Each child, upon arriving at the playground, will choose whatever type of activity he prefers to engage in. The director, or a volunteer helper, will issue equipment from the athletic supply room in the school gymnasium. To create additional interest, it would be advisable for the director to schedule tournaments during the summer in several of the activities, such as badminton, horseshoes and volleyball.

Supervision: All of the activities mentioned here will be offered on the play-field of the school, or in the school gymnasium. The director, for this reason, will be able to devote full time to supervising these activities.

Facilities: The facilities for this unit of the program include:

1. A tract of land of approximately four acres immediately behind the school building. This will be the location of the baseball-softball diamond, badminton court, volleyball court, horseshoe pits and playground equipment.
2. The gymnasium of the school building may also be used.

Equipment: Several pieces of playground apparatus have already been installed on the play-field. Additional apparatus will also be purchased by the Board of Education. This apparatus will be available for use during the summer months. The securing of baseball and softball equipment has already been considered in another section of this paper. Although this equipment is primarily for the special baseball and softball activities, such equipment may also be used in conjunction with the playground activities. Basketballs, footballs, and medicine balls would be supplied by the school. Equipment which the Recreation Council will need to provide includes badminton sets, additional shuttlecocks, horseshoes and spikes, volleyballs and volleyball nets. This equipment has been included in the list on page 45, and the cost of it would total approximately \$73.00.

Financing: This unit of the program will be financed directly by the Recreation Council.

Teen-age Canteen.- This activity of the Elkton program might also be known as a "Youth Center." These Youth Centers are defined by the Division of Recreation of the Federal Security Agency as "a recreation center used at specific times, sometimes exclusively, by young people, with a program which they help to plan and operate themselves."¹¹ The teen-agers' own

¹¹

"Youth Centers," Federal Security Agency, Division of Recreation (Washington, U. S. Government Printing Office, 1945), p. 1

definition might be: "A place where you can just have fun the way you want it."¹⁵

Age Group: Thirteen to nineteen, inclusive.

Organization: This activity will be organized as a club, with the Recreation Council as the initiating agency and the recreation director serving in a supervisory capacity. Control of the club will rest upon the officers elected by the club, subject to approval by the director. Two adult chaperones will be present at each meeting (one man and one woman), but nomination by adults must be carefully avoided. The only restrictions as to membership will be that the candidate must be within the age group, and that he, or she, be a resident of the Elkton community. At each meeting, the members will pay a fee of ten cents, this amount to be used for refreshments. Rules of conduct should be put into operation as soon as the club becomes active. Activities to be included in the Teen-age Canteen program will consist of dancing, table tennis, card games, crafts, shuffleboard, dramatics and tennis. The tennis courts to the rear of the community building will be lighted on nights the club meets and will be available for use by the members.

Supervision: The recreation director will act in a supervisory capacity. Not more than two adults, a man and a woman, should be present whenever the club meets. Adult control should be kept at a minimum.

Facilities: The Elkton Community House will be available as a youth center. This, along with the adjoining lighted tennis court, will furnish an ideal locale for the activities of the teen-age club.

Equipment: A record player or radio should be procured for dancing.

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Ibid. p. 1

This could probably be secured as a donation, or borrowed for each meeting night. Pieces of furniture, games and supplies for arts and crafts could be secured through donations. The teen-agers would find the securing of materials to "fix-up" their club an engaging activity in itself. The members, with materials furnished by the Recreation Council, could construct table tennis platforms. The Recreation Council would supply two shuffleboard sets.

Financing: The Recreation Council would furnish the following items from its budget: two shuffleboard sets and materials for the construction of a table tennis platform. This equipment would cost approximately \$27.00 and is included in the list of equipment on page 45. The club, through dues paid by each member, would be able to serve refreshments on each meeting night. If additional funds are needed, the club could present a program, either in its own little theatre or in the school auditorium and charge a small admission.

Library.- There is a definite need for the people of Elkton to have access to library facilities. At the present, there is no municipal library, nor is there a county library. The Recreation Council, in providing access to the school library, would offer a worth while service to the people of the community.

Organization: The recreation director, acting through the Recreation Council, would need to secure the assistance of volunteer librarians. It is believed that the two women's clubs of Elkton would supply such volunteers. If that is not possible, some of the senior Girl Scouts would be asked to serve in the capacity of volunteer librarians.

Supervision: The volunteer librarians would supervise this program, under the cognizance of the director of recreation.

Facilities: The Superintendent of Schools has signified his intention

of permitting the Recreation Council to use the facilities of the Todd County High School library. This library, at present, contains approximately 800 volumes. It is housed in two connecting rooms, serving as "study hall" during the school term, and it provides ample space and furniture for a reading room.

Equipment: No additional equipment will be necessary for this program. Under this topic, however, we may mention that at one time during the summer, a book drive will be launched in order to secure new volumes for the library. This book drive would be conducted by the Boy Scouts and Girl Scouts.

Financing: It is believed that this unit of the program will require no financial assistance from the Recreation Council. Any library supplies which may be required during the summer might be purchased from the maintenance division of the Council's budget.

Boy Scout Activities.-- The Boy Scout troop has been active in Elkton for several years. With the help of the Recreation Council, it can become even more active in such activities as camping, hiking, athletics, and community work.

Age Group: Twelve to eighteen. Upon reaching their eighteenth birthday, scouts may continue their work by forming Sea Scout or Air Scout units.

Organization: A Boy Scout troop is made up of four patrols of eight boys each. Each of these patrols designates one of its members as "Patrol Leader." One of the members of the troop serves as "Scribe," and another as the treasurer. Two adult members, the scout master and the assistant scout master are included in a troop organization.

The Recreation Council will seek to provide athletics for these boys, by helping to organize a Boy Scout team in softball or baseball and by making an effort to schedule similar Boy Scout teams from other towns

for games. Over-night hikes will be encouraged and an effort will be made to send all of the boys to the council's camp for a week's period.

These boys will provide valuable assistance to the recreation director by helping to maintain the play-field and the tennis courts, and in doing supervisory work on the playground.

Girl Scout activities.- The Girl Scout movement has always been recognized as a means of developing good citizens. This organization provides an ideal framework in which to learn and practice democracy. The community of Elkton has never supported a Girl Scout troop. The Recreation Council, as a part of its program, will establish a local troop and sponsor it as a desirable activity for the girls of the community.

Age Group: Ten through eighteen.

Organization: The first step in the organization of the Girl Scout troop in Elkton will be the securing of community backing. This support will be offered through the Recreation Council. The second step will be that of getting the movement under way. All girls should be invited to a general meeting to launch the movement. At this meeting, each girl should be given one of the "Parent's Consent Forms," with the explanation that she is to take it home and have a parent or guardian fill in the section reserved for parent's consent to membership in a Girl Scout troop. All girls who wish to become members of a Girl Scout troop must pay annual membership dues of fifty cents to the national Girl Scout organization. The third step is that of registration of the troop. This is accomplished by filling out and returning to National Headquarters, the "Troop Registration Form."

Supervision: Supervision will be provided by the troop leaders. A volunteer leader, who must be over twenty-one years of age, is in charge of each troop. Assistant leaders must be over eighteen.

Facilities: The Girl Scouts could use either a room in the local school building, or one in the Community House, for a meeting place. They will be encouraged to use the other facilities of the Recreation Council.

Equipment: Any of the equipment of the Recreation Council may be used by the Girl Scouts.

Financing: The Girl Scout program will finance itself through dues and by charging admission to any programs it may choose to present. A rummage sale would be a splendid method of securing funds for troop expenses.

Schedule of activities.- A schedule for the activities to be offered during the first summer is given in Figure 4. This arrangement is offered merely as a tentative schedule, and under actual operation, it may be desirable to make several changes in order to satisfy unforeseen circumstances.

Special events.- The Elkton Recreation Council will sponsor as many special events during the summer as is possible, considering limitations imposed by such factors as finances, facilities, and supervision. Some suggestions follow:

1. Showing of the two recreational films, "Playtown, U.S.A.," and "\$1,000 for Recreation," distributed by Association Films. These films may be shown in the school auditorium, using the school's projector. The service charge for both films when ordered together is \$2.00.

2. Exhibition tennis matches. This is an excellent method of stimulating interest in tennis. It would probably be possible to secure members of the tennis squad of Western Kentucky State College to play exhibition matches.

3. Community barbecue.

4. Tournaments in the various activities.

5. Boy Scout Father and Son Banquet.

FIGURE 4 - A SUGGESTED SCHEDULE OF ACTIVITIES FOR THE SUMMER RECREATION PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning:	Playground and gym Library	Playground and gym	Playground and gym	Playground and gym Library	Playground and gym	Playground and gym
Afternoon: Adult base-ball game	Playground and gym Junior base-ball Girl Scout	Playground and gym Library Softball (Boys)	Playground and gym Boy Scouts Adult base-ball practice	Playground and gym Junior base-ball	Playground and gym Library Softball (Girls)	Playground and gym Junior base-ball
Evening:	Roller Skating	Teen-age Canteen Tennis Court		Roller Skating	Teen-age Canteen Tennis Court	

Tennis Court: Day - any time
Night - Tuesday and Friday
Any other time by arrangement.

6. Girl Scout Mother and Daughter Banquet.
7. Handicraft exhibit.
8. Treasure hunt.
9. Pet show.
10. Social Dances.

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