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A Proposed Program Of Physical Education For Freeman High School, Caldwell, Texas

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A PROPOSED PROGRAM OF PHYSICAL EDUCATION FOR FREEMAN HIGH SCHOOL, CALDWELL, TEXAS

DANIELS

1955

A PROPOSED PROGRAM OF PHYSICAL EDUCATION FOR FREEMAN HIGH SCHOOL, CALDWELL, TEXAS

by

Harry Lee Daniels

A Thesis Submitted in Partial Fulfillment of the Requirements for the Degree of

Master of Science

G-V363 136

in the

Graduate Division

of

Prairie View Agricultural and Mechanical College

Prairie View, Texas

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ACKNOWLEDGEMENTS

The writer wishes to acknowledge his indebtness to Dr. John C. Mitchem, and other members of the Physical Education Department for the help given to make this thesis a success.

H.L.D.



DEDICATION

Dedicated to my lovely wife Alma and daughter Veronica Ruth, who through their sacrifices made this possible.

H.L.D.

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Chapter I INTRODUCTION

The real purpose of the school today is to train an individual for complete living. Training for citizenship in the dynamic universe, should include making the student not only well informed but, well and strong, physically, mentally and socially so that he will be able to find his place in modern civilization.

Physical education has many things in common with all other phases of education and in many cases the experiences gained in physical education have more carry over value than any other subject in the curriculum.

Physical education relates to those aspects of instruction in schools intended to improve the physical fitness of boys and girls. It contributes to general education by developing efficiency in activities that promote health, teach physical and recreational skills, attitudes, knowledge, habits of conduct, and safety practices.

Caldwell, Texas, a small city with one Class A high school has a total enrollment of approximately three hundred students, one hundred and ten in the high school department, forty-eight boys and sixty-two girls. Approximately one-half of the high school enrollment must be transferred by bus while the rest live in the surrounding community.

These children will have available a new school and gymnasium in September 1955. The students of Freeman High School have never had a workable physical education nor one that has been well-supervised.

Statement of the Problem

The purpose of this investigation is to construct a program of Physical Education for Freeman High School, Caldwell, Texas. It is hoped that this program will meet both the present and future needs of both boys and girls in the Freeman High School. It is further hoped that facilities on hand can be used to the extent that the students through participation in varied activities may develop knowledge, understanding, habits, attitudes and ideals necessary to maintain physical, mental, and social health.

Chapter II PROCEDURE

The program constructed in this study for use in Freeman High School was made in light of criteria found in other like studies and textbooks of physical education which meet the needs of the students and will utilize to the utmost the facilities and equipment available.

Chapter III

THE PHYSICAL EDUCATION PROGRAM

The purposes of education are best exemplified by the seven cardinal principles:

- 1. Health
- 2. Command of fundamental processes
- 3. Vocation
- 4. Citizenship
- 5. Worthy use of leisure time
- 6. Worthy home membership
- 7. Ethical character

Physical education contributes to the above educational principles as follows:

1. Health - The development of the organic systems of the body is stimulated by vigorous activity, and it is the normal and efficient functioning of these systems, together with freedom from, that results in the state of being which is thought of as health. Children who are interested in physical activity and want to do well are eager to follow the rules of health in order that they may be stronger and free from handicaps.

This is the same type of interest and motivation that causes high school athletes to discipline themselves rigorously in observing health training rules.

2. Command of fundamental processes - Physical education contributes largely to the attainment of an adequate command of many important fundamental educational processes. In school athletics and leisure time sports activities their is a demand of thorough grounding in the fundamental physical activity skills.

3. Ethical character, worthy home membership and good citizenship are grouped together.

Physical education is one phase of school work that lendsitself to the development of character because it provides a laboratory for actural practice. We develop character much more surely by living it rather than hearing about what should be done and what should not be done.

Any competitor in physical activity is an active citizen and a acting receives training. There are rules and laws that must be obeyed as he moves on toward his major ambition of winning the contest or performing well.

Opportunities to give, to take, to obey and to cooperate are numerous in physical education and sports. He will find the ideal setting for developing good citizenship.

Worthy home membership is another educational objective which physical education can help boys and girls to achieve. A direct contribution is the teaching of games and other events that can be used as part of the recreation proin the home. The ability to get along with others is one of the valuable contributions of team sports.

Physical education provides exceptional opportunities for teaching pupils to exercise tolerance, cooperative effort and loyalty to ideals. The duties of citizenship can be advantageously emphasized as a part of many activities in physical education. Some of the duties that aid in this are participation in choosing leaders and in supporting and following the leader who are elected, sharing common burdens and doing his share of the work so that combined efforts of the team will result to the advantage of all.

4. Worthy use of leisure time- Physical education is eminently qualified to contribute to worth use of leisure time. Labor for children has been reduced and there is a vast amount of leisure time for both children and adults, much more than ever before in the history of this country. It is not during the hours of labor that unsocial conduct develop but in the hours of relaxation and freedom. Since it is during free or play time that those who enter orime prepare for that regrettable adventure, steps must be taken to employ the child's time more profitably. Physical education, properly supervised, provides constructive adventure, instead of an approach to unsocial conduct, for proper training and correct habit formation in youth that should carry over into later adult life. 5. Vocation - Physical education contributes to vocational preparation in many different ways.

- a.) Better physical and mental health, character and citizenship will aid in securing and maintaining employment.
- b.) The skills and knowledge gained through participation in physical education are of direct economic value because many people make their living by teaching and coaching physical activities; others by actually playing the games professionally.

Those individuals who are able to coach or teach physical education as well as teach other subjects find it easier to secure positions as teachers and, when they are hired, receive better wages in proportion to their academic preparation and experience than they otherwise would. The increased demand for recreation and playground directors provides another vocational advantage for people with adequate physical education experience.

THE REQUIRED PROGRAM ORGANIZATION

The anatomical, physiological and psychological differences between sexes are so important, that they must be given special consideration.

Co-recreational activities have been included in the selection of activities for the proposed program of physical education for Freeman High School.

The physical activities for boys will be conducted on Monday and Wednesday from 1:10 P.M. until 2:50 P.M.

The physical activities for girls will be conducted on Tuesday and Thursday from 1:10 P.M. until 2:50 P.M.

The boys and girls will meet together on Friday from 1:10 P.M. until 2:50 P.M. for co-recreation activities.

Health classes will be conducted on Monday and Wednesday for the girls and on Tuesday and Thursday for the boys from 1:10 P.M. until 2:50 P.M.

The program includes a number of activities suitable for both boys and girls of high school, which may be continued through out life.

Men and women enter many of these activities in life together. It has been found that psychological adjustment problems are less when boys and girls have been exposed to conditions where they have the chance to play, sing and dance together. The practices of offering co-recreational opportunities in high school are very important because the students today will make up the communities of tomorrow.

The following are required activities for the program of physical education for Freeman High School, Caldwell, Texas.

The required program shall be divided into two semesters of three six week sessions.

FIRST SEMESTER

First Six Weeks September-October

Boys

Touch Football Volleyball Softball Social Dancing Table Tennis Girls

Volleyball Playground Ball Softball Social Dancing Table Tennis

Second Six Weeks October-November

Boys

Basketball fundamentals Basketball Badminton Shuffle Board Social Dancing Wrestling

> Third Six Weeks November-December

Boys

Basketball skill games Badminton Basketball Wrestling Folk Dancing

Girls

Basketball skill Games Badminton Volleyball Social Dancing Table Tennis

Girls

Basketball Basketball skill games Volleyball Folk Dancing

SECOND SEMESTER

First Six Weeks December-February

Boys

Social Dancing Ping Pong Tumbling Stunts Basketball Skills

> Second Six Weeks February-March

Boys

Twenty One Wrestling Track Activities Shuffle Board Basketball Skills

> Third Six Weeks April-May

Volleyball Softball Horseshoes Track & Field Activities Archery Baseball Tennis Social Dancing

Girls

Social Dancing Ping Pong Pyramids Stunts Basketball Skills

Girls

Twenty One Archery Shuffleboard Basketball Badminton Skills

Volleyball Softball Horseshoes Archery Speedball Tennis Social Dancing

CORRECTIVE PROGRAM

The school does not have sufficient staff to maintain corrective classes on a basis conducive to the best results.

The students with handicaps will participate in the activities in the following capacities, scorers, umpires, or judges. In all situations where it is at all possible the student will be kept in the activities with the other students and expected to participate.

In situations where the students deformity will not permit his participation, every attempt will be made to find special activities that will be challenging and interesting.

ACTIVITIES ADAPTED FOR PHYSICALLY HANDICAPPED

Archery Shuffleboard Table Tennis Volleyball Horeshoes Soccer

Basketball Softball Handball Bag Punching Hand Balancing Wrestling

INTRAMURAL PROGRAM

Intramural athletics provides a voluntary program of wholesome recreation activities, basically physical which are mentally stimulating and socially sound and the program will be designed to contribute to the development of every student.

Some of the immediate objectives are listed as follows:

- 1. To provide wholesome developmental activities.
- 2. To provide every student with an opportunity to take part in an activity of his choice.
- 3. To develop an active, wholesome out-of-school play spirit and develop hobbies.

It is proposed that this program be kept on a voluntary basis with activities that are wholesome, healthful and socially sound.

The program will include all of the students, boys and girls and the handicapped. Student leadership will be used to conduct this program as much as possible.

It is further proposed that this program be financed by the educational funds and that facilities be provided for the various activities listed in the program, also that awards be given to help stimulate interest, recognize achievement and motivate continued activity. It is also planned that the administration of this program be the function of the physical education department and that the administrators of this program be teachers of physical education.

The writer feels that the time for locking of the school at four o'clock should be a thing of the past. Education is a continuous process, and the program should be conducted on that basis.

Since the elementary students go to lunch first and approximately half of the high school enrollment is transferred by bus it is suggested that this program be conducted during the noon hour, after school, and during vacations.

The program of activities shall include as many activities as facilities permit. Some of the activities that may be used in the fall, winter and spring.

A PROPOSED INTRAMURAL PROGRAM FOR THE FREEMAN HIGH SCHOOL

Fall	Winter	Spring
North Contraction of the State	Boys	0.01 0.02
Touch football	Basketball skill games	Softball
Volleyball	Basketball	Horseshoes
Tennis	Badminton	Track and Field
Softball	Volleyball	Volleyball
Speedball	Table Tennis	Tennis
Archery	Foul Shooting	Square Dancing
	Wrestling	
	Square Dancing	

Fall

Playground ball Volleyball

Tennis

Winter

Girls

Basketball Basketball skill games Badminton Shuffleboard Volleyball Square Dancing

Spring

Horseshoes

Softball

Volleyball

Tennis

Playground ball

Archery

Square Dancing

THE PROGRAM OF INTERSCHOOL ATHLETICS

In this suggested athletic program the staff assistants are limited and the school enrollment is small. An attempt is made to include as many boys and girls in this program as possible. It is felt that athletics play an important part in the lives of high school boys and girls and the benefits to be derived is of such value that every one should have an opportunity to avail themselves to their attainment.

The interschool program for Freeman High School, Caldwell, Texas is as follows:

The Interschool Program for High School Boys

Fall	Winter	Spring
Football	Basketball	Track & Field
		Baseball
		Tennis

The Interschool Program for High School Girls

Track & Field Softball Tennis

Basketball

Volleyball

The equipment and facilities on hand to be used in the Freeman High School are as follows:

A List of Play Areas and Equipment

Gymnasium Playground Courts (horseshoes) Courts (volleyball) Diamonds (softball) Diamonds (baseball) Fields (football) <u>A List of Equipment</u> Balls (softball) Balls (baseball) Gloves (softball and baseball) Basketballs Footballs Volleyballs and Nets

Masks (catcher, softball, and baseball)

Needs

Backstop-(softball and baseball) Table tennis set Phonograph and records Posts (tennis and volleyball) Basketball Court (marked for shuffleboard, tennis, and badminton) Gymnasium mats Bats (softball, baseball) Archery sets Rope

Chapter IV EVALUATION

Evaluation serves as a means of measuring pupil progress and as a guide for continued practice and improvement of skills. The following score sheets show the method for evaluation of the program formulated in this study. Test will be given concerning the activities required during each six weeks period. Score sheets have been provided for evaluating the pupils progress for each six weeks. The students will be divided into three groups according to size as devised by classification index using (20 X Age \neq 6 X Height \neq -Weight). A table is provided to aid in computing the classified index.

The students are scored 2, 3 or 4 credit points for each activity in which they participate. This also included the written tests concerning activities. The scale for grading the activities will vary on a number of the score sheets because some six weeks periods more activities were scheduled.

The general scoring procedure is listed below:

15 - 16 = A/ 12 - 14 = A 9 - 11 = B 6 - 8 = CBelow 5 = D Freeman High School

Department of Physical and Health Education Squad Score Sheet-Grades

First Six Weeks September-October

Football punt 42' 53' 64' 47' 60' 70' 56' 70' 80' (20 X 13 cquals 250) / (62 X 6 cquals 372) / (108) equals 740 the Index No. Note: See Computing																	
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Freeman High School Department of Physical and Health Education Squad Score Sheet-Grades

Second Six Weeks October-November

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Name		In	icex :		Basket			inton rve		out		Shuff Board				Point		Grade	T	
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Wrestling - best out of Three-bouts.	1	2	3		11	2	3		1	2	3		-	Sheet	when	compu	ting	Index N	umbe	
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Preenan High School Department of Physical and Health Education Squad Score Sheet-Grades

Third Six Weeks November-December

								BOYS		Squad	Noo	leader	
Name		In	iex No.	Two ches	hand t shot	Badmin retur	nton n ser	One pr			Total Points	Grade	
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				-									
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Two hand chest shot	1	2	3	1	2	3	1	2	3	62 inch	es tall, wei 3 cquals 260	years of age ghing 108 1b	, S.
Badminton return ser.	1	2	4	1	3	5	2	4	6	equals	372) / (108) b. Note: Se	equals 740	the
One hand push shot	1	2	3	<u></u> 1	2	3	1	2	3	Sheet w	hen computin	a Index Numb	ers
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Freeman High School Department of Physical and Health Education Squad Score Sheet-Grades

Second Semester Fourth Six Weeks December-February

BOYS

								-	and a second s			Squad N	00	Leader	
Name		IIn	icex .1	o. Pi	ng Por	ng M	lat Woo	rk	Stur	nts			Total Points	Grade	
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Ping Pong	2	3	4	2	3	4		2	4	6		62 inche	cquals 260	shing 108 11	s.
stunts (head stand)1	2	3	2	3	4		2	3	4		equals 3	72) \$ (108)	equals 740	the
Basketball Skills Dribbling	8	10	12	19	11	13		9	11	13		Sheet whe	Note: Second Second	; Index Numb	ers
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Mat Work nts same for all	k	inte	3	points	dive	over	r (1)	2 f	orwar	d roll	ls bcke	12=14 P	A 6-	8 C	
tten test on value	e of	soci	al da	ncing	1 poi	nt.									

Freeman High School Department of Physical and Health Education Squad Score Sheet-Grades

Second Semester Fifth Six Weeks February-March

BOYS

 Nume
 Incex No.
 Stand
 Running
 Running
 Broad
 Jump
 50 yd.
 Dash
 Total
 Grade

ACTIVITY

ACHIEVEMENT STANDARDS

FORMULA FOR COMPUTING INDEX NUMBERS

III II 701 TO 745 745 AND CVER Index No. UP TO 700 2 3. L 2 Credit Points 2 4 4 10'6 11'4 1211 11 1512'3 13'3 11 12 13 15 Stand Leap Jump Running 10" 11"3 13" 10: 11:4 916 1019 121 91 Broad Jump Running 312 315 318 315 319 412 2110 314:318 High Jump 8.2 7.4 6.8 8.8 7.8 7.2 817 719 7.3 50 yd. Dash (sec.)

Shot Put 12'2 points Discus Distace 45' 2 points 20 X age plus 6 X Height in inches plus Weight equals the Index No. Example: A girl 13 years of age, 62 inches tall, weighing 108 lbs. (20 X 13 equals 260) / (62 X 6 equals 372) / (108) equals 740 the Index No. Note: See Computing Sheet when computing Index Numbers

MARKING SCALE

3

15-20 EQUALS A 9-11 EQUALS B 12-14 A 6-8 C Below 5 EQUALS D Second Semester Sixth Six Weeks April-May

Freeman High School Department of Physical and Health Education Squad Score Sheet-Grades

BOYS

					Sq	juad Noo		Leader	
Name	Index No.	Horseshoe	Serve s Tennis	Archery	Throw Baseball		Total Points	Grade	
			and second			-	- 200-		
						BOILE	-		

7 7 7

ACTIVITY

ACHIEVEMENT STANDARDS

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15 Tries Tennis Serve	2	3	4	3	4	5	5	6	8
Archery (points)	1	3	5	+3	5	7	5	7	9
Baseball Throw Dist.	50"	551	57 1	57"	651	701	701	85	150

20 X age plus 6 X Height in inches plus Weight equals the Index No. Example: A girl 13 years of age, 62 inches tall, weighing 108 lbs. (20 X 13 equals 260) / (62 X 6 equals 372) / (108) equals 740 the Index No. Note: See Computing Sheet when computing Index Numbers

MARKING SCALE

24

15-16 EQUALS A/ 9-11 EQUALS B 12-14 A 6-8 C Belos 5 EQUALS D First Semester First Six Weeks September-October Preeman High School Department of Physical and Health Education Squad Score Sheet-Grades

										G	IRLS			Se	quad No.		Leader_	
	Name		I	niex	No.	Voll	evba		ftbal	_	-	ole	Social Dancin			Total Points	Grade	
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Prairie Prairie	¥ 	-			-			+		-				·····				
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View A. & M. View, Texas	ACTIVITY	!		ACIE	IEVEN	LNT S	STANI	ARDS					<u>.</u>		FORM	LA FOR CO NUMB	PUTING IN ARS	LEX
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	Spike - Set up. Softball	2	3	4		7		103				7		- (20	X 13 cc	puels 260)	hing 108 10 4 (62 X 6 equals 740	
	Accuracy Throw	2	3	4		5	6	6.5		5	6			- Ind	lex No. 1	iote: Sec	Computing Index Num	
	Table Tennis Writter	2	3		CS	2	3	5		2	3	5				ARKING SC		G
	Social Dance Tempo - fast to slow (Movement	Sector States	-	1.2		1-								15-1 12-1	6 EQUALS	A 9-1 A 6-8 5 EQUALS	D SQUALS B	

First Semester Second Six Weeks October-November

Preenan High School Department of Physical and Health Education Squad Score Sheet-Grades

	Baskets Badminton Social Total														Isader		
Name		In	cex				-									Grade	
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					-		+										
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Baskets per ½ min.	2	3	4		2	4	5	1	2	4	6	-	Exam 62 i	plc: À nches t	girl 13 ye	ears of age	
Badminton Serve		3	5	6		6	7	8		(20) equal	13 cd 13 372)	uals 260) (108)	+ (62 x 6				
Social Dance Rhythm	3	4		2	3	4		2	3	4		Sheet	t when	computing	Computing Index Numb		
Written Test on Orig	in o	Ba	sketl	ball	4 Pc	ints								-	LITALING DU	100	6

Social Dance - Rhythm tempo from fast to slow movements

15-16 EQUALS A 9-11 EQUALS B 12-14 A 6-8 C Below 5 EQUALS D First Semester Third Six Weeks November-December

Freeman High School Department of Physical and Health Education Squad Score Sheet-Grades

				1			G	IRLS			Squ	uad No.		Leader_			
Name		In	cex	10.	Two			cetbal	1			Dance e Folk	-		Total Points	Grade	
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Basketball Skills	1	2	3		1	2	3		2	3	4		equa	ls 372) 🖌 (108)	equals 740 Computing	the
Badminton Return Ser	3		2	3	4		3	4	5		Shee	t when	computing MARKING SC	Index Numb	pers		
Written Test on Orig	in of	Fol	k D	ance	4 pot	Ints			-		1		75.76	24		-	27
Basketball Skills -	dribb	oling	5, P	assi	ng, ta	aking	, pi	vots,	pa	issing			12-14	P	A 6-8 W 5 EQUALS		

Freeman High School Department of Physical and Health Education Squad Score Sheet--Grades

Second Semester First Six Weeks December-February

GIRLS

				- IIIII	Sc	uad No.	and the second second second	Leader		
Name	Index No.	Stunts	Fing Pong	Pyramid			Total Points	Grade		
							-10			
ACTIVITY	ACHIEVE	LNT STAND	ARDS	-		FORM		PUTING INDEX		

III II 701 TO 745 745 AND CVER UP TO 700 Index No. 2 3 4 Credit Points 2 2 4 4 6 2 2 3 2 Fing Pong ٦ 6 2 4 2 3 2 3 4 1 Stunts Double & Single. 6 h 2 Pyramid-forming 2 1. 1 3 0 Pyramid Written Test on Origin 4 Points

Stunts - head stand, forward roll, backward roll, head stand.

FORMULM FOR COMPOTING INDEX NUMBERS

20 X age plus 6 X Height in inches plus Weight equals the Index No. Example: A girl 13 years of age, 62 inches tall, weighing 108 lbs. (20 X 13 equals 260) \$ (62 X 6 equals 372) \$ (108) equals 740 the Index No. Note: See Computing Sheet when computing Index Numbers <u>MARKING SCALE</u>

6-8

Below 5 EQUALS D

9-11 EQUALS B

-

C

15-16 EQUALS A

-

12-14

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Second Semester Second Six Weeks February-March Freeman High School Department of Physical and Health Education Squad Score Sheet-Grades

								0	IRLS			Squad	Noo		Leader					
Name		L	ncex	10.	50 yr Dash	d.		nding ad Jump	Sta Leap		Stand Hop & Le	ap		otal oints	Grade					
							-													
		-											_	-						
		_																		
							1						1							
ACTIVITY			ACI	TEVEN	LAT S	TANI	ARES					F	CRMUL.	TCR CON	PUTING INI	LEX				
Index No.	UP	I TO	700			II TO 7	45		Contraction of the local division of the loc	I D CVER		20 X ing	e plus	6 X Hei	ight in inc	hes				
Credit Points	2	3	4		2	3	14	2	- 3	4.		Example	: A El	irl 13 ye	ars of ago					
50 yd. Dash (sec.)	9	8	7.5		9	8	7	9	8	7		62 inch	es tal	L, weigh	ing 108 11 4 (62 x 6	s.				
Standing Broad Jump	4161	51	516	-	4191	5131	5191	11:0	51	51911		equals	372)	(108) e	quals 740 Computing	the				
Stand, Hop & Leap	915"	102	יינוי	211	5110	10'9	11 19	105	11 12	12"		Sheet w	ihen co	omputing	Index Numb	ers				
Discus Distance	301	35'	401		30'	351	401	851	401	501		MARKING SCALE								

15-16 EQUALS AF 9-11 EQUALS B 12-14 A 6-8 C Below 5 EQUALS D Second Semester Third Six Weeks April-May Freeman High School Department of Physical and Health Education Squad Score Sheet-Grades

			<u>c</u>	S	quad No.	Icader						
Name	Index No.	Horseshoe	Serve Tennis	Archery Points	Baseball Throw		Total Points	Grade				
		0 -										
							1					
100												
	1.4						12.7	10000				
	-											
ACTIVITY ACHTEVEM AT STANDARDS FORMULA FOR COMPUTING INDEX												

NUMBERS

III II 701 TO 745 745 AND CVER UP TO 700 Index No. Credit Points 2 2 3 4. 2 4 11 20 Tries 6 5 7 2 2 3 5 Horseshoes (Ring) 3 4 6 4 5 7 Tennis Serve 15 Tries2 3 3 4 5 5 5 5 ź 3 7 1 3 9 Archery (Points) Distant 71 851 1001 551 571 57 1 701 711 501 Baseball Throw for

20 X age plus 6 X Height in inches plus Weight equals the Index No. Example: A girl 13 years of age, 62 inches tall, weighing 108 lbs. (20 X 13 equals 260) \$ (62 X 6 equals 372) \$ (108) equals 740 the Index No. Note: See Computing Sheet when computing Index Numbers <u>MARKING SCALE</u> 15-16 EQUALS A\$ 9-11 EQUALS B

30

C

12-14 A 6-8 Below 5 EQUALS D

APPENDIX I

Table I

A Table for Computing 20A / 6H

The value obtained, when added to the weight, gives Classification Index I Age in Years and Half Years

and an and	Age IN lears aim hall lears														
Height	10	10.5	11	11.5	12	12.5		13.5	14	14.5	15	15.5	16	16.5	17
50	500	510	520	530	540	550	560	570	580	590	600	610	620	630	640
51	506	516	526	536	546	556	566	576	586	596	606	616	626	636	646
52	512	522	532	542	552	562	572	582	592	602	612	622	632	642	652
53	518	528	538	548	558	568	578	588	598	608	618	628	638	648	658
54	524	534	544	554	564	574	584	594	604	614	624	634	644	654	664
55	530	540	550	560	570	580	590	600	610	620	630	640	650	660	670
56	536	546	556	566	576	586	596	606	616	626	636	646	656	666	676
57	542	552	562	572	582	592	602	612	622	632	642	652	662	672	682
58	548	558	568	578	588	598	608	618	628	638	648	658	668	678	688
59	554	564	574	584	594	604	614	624	634	644	654	664		684	
60	560	570	580	590	600	610	620	630	640	650	660	670	674		694
61	566	576	586	596	606	616	626	636	646	656	666		680	690	700
62	572	582	592	602	612	622	632	642	652	662	672	676	686	6696	706
63	578	588	598	608	618	628	638	648		668		682	692	702	712
64	584	594	604	614	624	634	644	654	658		678	688	698	708	718
65	590	600	610	620	630	640	650	660	664	674	684	694	704	714	724
66	596	606	616	626	636	646	656	666	670 676	680 686	690	700	710	720	730
67	602	612	622	632	642	652	662	672	682	692	696	706	716	726	736
68	608	618	628	638	648	658	668	678	688	698	702	712	722	732	742
69	614	624	634	644	654	664	674	684		and the second se	708	718	728	738	748
70	620	630	640	650	660	670	680		694	704	714	724	734	744	754
71	626	636	646	656	666	676		690	700	710	720	730	740	750	760
72	632	642	652	662			686	696	706	716	726	736	746	756	766
73	638	648		668	672	682	692	702	712	722	732	742	752	762	772
74	644		658		678	688	698	708	718	728	738	748	758	768	778
75	650	654	664	674	684	694	704	714	724	734	744	754	764	774	784
76	656	660	670	680	690	700	710	720	730	740	750	760	770	780	790
77	662	666	676	686	696	706	716	726	736	746	756	766	776	786	796
78	668	672	682	692	702	712	722	732	742	752	762	772	782	792	802
10	000	678	688	698	708	718	728	738	748	758	768	778	788	798	808

To use this table to compute Classification Index I, find the number below the age reckoned to the last half year, and to the <u>right</u> of the height taken at the last full inch, and add this to the weight. E.G., if the individual is 16 years and four months eld, 66.7 inches tall and weighs 121 pounds the result will be 716 / 121 837, which is his Classification index I.

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