

431
5 S4
by 1

THE FIELD DAY AND PLAY
PICNIC FOR COUNTRY
CHILDREN

MYRON T. SCUDDER

Charities Publication Committee
New York

RUSSELL SAGE FOUNDATION PUBLICATION

THE FIELD DAY AND PLAY PICNIC
FOR COUNTRY CHILDREN

By

MYRON T. SCUDDER

Principal State Normal School, New Paltz, N. Y.

Charities Publication Committee

105 East 22d Street

New York

MAY, 1908

GV431
.4554

Gift

Russell Sage Foundation

7 N'08



I. PLAY AS A SOCIALIZING FACTOR IN COUNTRY LIFE

by

MYRON T. SCUDDER

Principal State Normal School, New Paltz, N. Y.

Among all civilized peoples the country boy has proved to be the nation's most valuable asset. In America he has loomed into startling prominence. It is estimated that upwards of 60 per cent of the men and women mentioned in "Who's Who" are from the rural districts. Splendid humanity has always been one of the staple products of our farm lands.

Further, a contented rural population is essential to the welfare of a nation. A nation develops power in proportion as its people remain in contented prosperity and in large numbers on its farms. Undermine the welfare of the country districts, allow conditions of rural life to be such as to breed discontent, to drive people away; destroy or even seriously injure this great reservoir of manhood, character and patriotism, and you have a social condition far more threatening than would be the arrival of hordes of anarchists.

Unfortunately, we are menaced by the very things which we dread. Nearly everywhere the rural districts are being depleted of their population. The situation has become serious. In some sections

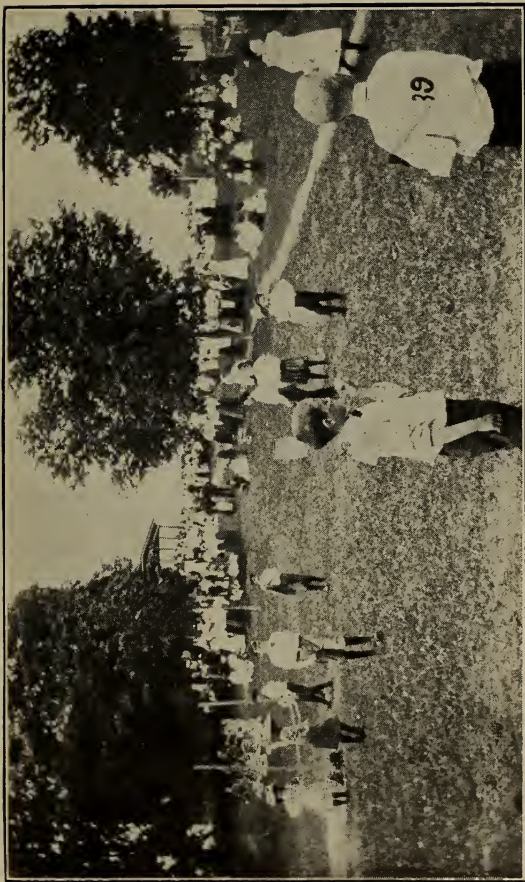
there are not enough men to exploit the natural resources of the land. Churches and schools are less well attended, grow weak, and close. Things combine to work in a vicious circle; isolation and hardships drive many away, and thus isolation and hardships become intensified for those who remain. In some sections an undesirable class of foreigners, some grossly immoral, are drifting in, and thus the reluctance of the older settlers to remain is increased.

In such regions the environment is not the healthiest imaginable for raising children. Indeed, there are many places in the country where it is dangerous to bring up boys, for they are exposed to gross vices and the tendency is distinctly downward. Many country schools, instead of being taught by men, as of old, or by vigorous women, are, as some one puts it, "at the mercy of uneducated young girls who have never even been through the ninth grade." Under such circumstances schooling degenerates into a farce. For other reasons, too, many of these schools are worthless.

From such conditions, the country boy who goes to the city is not likely to be as efficient as formerly, and this is a cause for genuine national alarm.

Dr. Strong, writing on this subject, says: "We must expect the steady deterioration of our rural population unless effective preventive measures are devised. And if no new preventive measures are devised, I see no reason why isolation, irreligion, ignorance, vice, and degradation should not increase in the country until we have a rural American peasantry, illiterate and immoral, possessing the rights of citizenship, but utterly incapable of performing or comprehending its duties."

In this situation it is important that everything



THE PLAY FESTIVALS ARE LANDMARKS IN THE LIVES OF THE
COUNTRY BOYS AND GIRLS.

be done to infuse new life and new enthusiasm into the country districts. Home, church, and school should unite intelligently to produce conditions which will make for contentment. Social forces in the country are centrifugal and expulsive; their direction is from the center outward and away; they must be made centripetal and attractive. The dominating question should not be: "How can I get away?" but "How can I make conditions such that I shall be glad to stay?"

As an aid in improving conditions, the telephone, the trolley and the rural free delivery are operating favorably. The church and school are beginning to feel a new life. Economic conditions are also improving, and farm lands and crops are more valuable than ever before. Perhaps the most comfortable and prosperous class in the country to-day are the farmers. They are organizing everywhere, the most noted organization being the Grange with more than a million members. A rural literature is rapidly developing, teeming with excellent books and magnificently edited periodicals. Most astonishing are the varied agencies which have begun to operate for a social uplift. The future is full of hope.

Of course, this new life has not reached all, nor even the many. And even in the favored communities it has scarcely extended down to the children to improve their schools and give them opportunities which twentieth century children must have. Child life in the country is often dull and hopeless. Nearly everything conspires to drive them cityward. What can be done to make their environment so attractive that it will hold them?

With tactful persistence and with organized action considerable may be accomplished. Initiative will usually have to come from the outside. Left to

themselves, only a comparatively few country districts will attempt to do anything. As we have seen, the school is helpless and in many sections the church is all but dead. An all important question then, is, what influences can be brought to bear on the situation? How can country boys and girls be kept in perfect contentment at home? The more that can be kept there, the better for the country. A good farm is still the best possible place to rear children.

Examples of notable efforts are not wanting. In Ulster County, N. Y., for instance, conferences for the discussion of rural problems have been held, in which teachers, grangers, and other interested adults have co-operated. Better schools, richer courses of study, playgrounds and athletics have been urged. Great field days and festivals have been held, all tending to develop community spirit and interest in country life.

Now, while many elements enter into the problem of securing a wider and better rural life, the reader's attention is invited to a brief consideration of but one, namely, the cultivation of the athletic and play life of country children.

To most people the play of children may seem to consist chiefly of certain childish activities whereby, for want of something better to do, health and temporary pleasure are promoted. But this is a very superficial view of the case. "Play is one of the important concerns of life," in the country as well as in the city, and it must be borne in mind that play in the country is not so much to promote health as to develop the higher social instincts, to introduce another powerful centripetal factor into country life which will tend to counteract the expulsive features

which have been so actively depopulating our rural districts.

Country children do not play enough. Their repertoire of games is surprisingly small and inadequate, except where special efforts have been made to teach them. Moreover, their few games are strongly individualistic, training them for isolated effort rather than for co-operation. The country child would undoubtedly play more if conditions were favorable. But they are not favorable to play. He does not know how to play or what to play; his parents are usually out of sympathy with play; and in the country schools not only are his teachers as ignorant as himself in regard to these matters, but even if the child and the teacher *did* know, the school trustee would in most cases interpose objections and forbid any effort being made in the direction of organized play or athletics.

The case of the village boy is particularly bad, for, unlike the farm child, he usually has comparatively little work to do, and unless he has opportunities outside of school for athletics and play, he is likely to pass much of his time in inane idleness, if not in mischief, and life is likely to lack motive and inspiration. If he is ambitious he will want to get out of an environment that appeals so little to the motor side of his being.

It was through considerations of this sort that the Country School Athletic League of Ulster County, N. Y., was organized two years ago. The purpose of this league is to foster all forms of clean athletics among country children, to teach them and their teachers indoor and outdoor games, and to bring the schools together at least once a year in a field day and play picnic. It adopted the athletic standards of the Public School Athletic League of New



THE VILLAGE SCHOOL YARD OFFERS POSSIBILITIES FOR "MUCH FUN FOR LITTLE MONEY."

York City, and sent printed circulars announcing these to each school, so that teachers might be able to interest their pupils in efforts to attain these standards. A very attractive celluloid button was designed, to be awarded to each one who should succeed in coming up to the standard in chinning, jumping, and running. Its further activities may be inferred from what follows in succeeding pages of this manual.

II. THE FIELD DAY AND PLAY PICNIC FOR COUNTRY CHILDREN

In response to requests from many sources for suggestions for organizing and carrying out a Field Day or Play Festival in country districts, this article has been prepared with the hope that the main points have been satisfactorily covered, and that men and women in all parts of the country may be induced to promote one of these joyous occasions. It would be found a pleasurable task, which really is neither formidable nor difficult, and which is so worth while that even many times the amount of thought, money, and effort would be well expended.

I. READ UP ON THE SUBJECT.

Read the article on "Organized Play in the Country" by the author of this pamphlet, in "Charities" for August third, 1907. Reprints may be obtained of the Playground Association of America, 624 Madison Ave., New York City. That article and this monograph comprise about all that has been written on this subject.

2. ORGANIZE A "CENTRAL COMMITTEE."

Let some influential man or woman call together a few capable and dependable people of both sexes, representing the various sections of a county or district, who are known to be active in church work, Y. M. C. A., school, grange, woman's clubs or other social organizations. Let these effect an informal organization, the more informal the better. This might be called the "Central Committee" and provision might be made for a small executive committee with wide powers.

After deciding on a date for a County, or District, or Town, Play-festival, the Central Committee may leave it to the executive committee to go ahead with arrangements, but should meet, of course, whenever summoned by the Chairman.

3. CIRCULATE IMPORTANT BOOKS ON ATHLETICS, PLAYS AND GAMES.

Secure as wide circulation as possible among teachers, parents, other adults, and children, of a number of the following books or of other similar books. A good bibliography will be found in Johnson's "Education by Plays and Games." In the following list the books indicated by an asterisk may well be bought first:

Adams, Joseph H. Harper's outdoor book for boys. \$1.75. N. Y. Harper. 1907.

Instructive above all things practical, this book is based upon experience, whose aim is to show boys how to do accurately all manner of out-of-door things within their powers. Beginning with the back yard, detailed information is given for such contrivances as pet shelters, windmills, aerial toys; going farther afield the interest centers in coasters, skees, kites, fishing tackle, etc.; then come boat building and boat management; while the fourth part of the book is devoted to camps and camping, tree-huts, brush-houses, etc.—Book Review Digest, 1907.

Arnold, E. H. Gymnastic games classified. \$.75. Pub. privately at New Haven. 1901.

Contents are classified according to the physical and mental qualities which each game tends to develop. The first classification is of games without purpose, the last of organized games, such as ball games, hockey, Chinese wall, etc.; the intervening classifications are: general imitation, sense apparatus, accuracy of motion, steadiness of motion, accurate imitation, simple reaction, discrimination, judgment.

Bancroft, Jessie H. Rules for games. (Spalding's athletic library.) Paper, 10 cents. Amer. Sports Pub. Co.

A little book of gymnastic games. Short paragraphs are given on how to play simple ball games, bean bag games, singing games, etc.

Barbour, Ralph H. Book of school and college sports. \$1.50. N. Y. Appleton. 1904.

This book contains rules and definitions of terms of outdoor games such as football, base ball, lacrosse, ice hockey, and tennis; one section is devoted to track athletics.

Beard, Daniel C. Outdoor handy book. \$2. N. Y. Scribner. 1900.

An excellent book of outdoor games and pastimes; full instructions are given for making the necessary equipment for the sports described, such as boating, swimming, fishing, camping, sledging, and many others.

Benson, J. K. Book of indoor games. Phil. Lippincott. 1904.

The first part is devoted to toys and how to make them; the remainder of the book is divided into games for children, card games, puzzles, and conjuring in which simple magic, card tricks, etc., are described.

Champlin, John D. Young folk's cyclopedia of games and sports. \$1.60. N. Y. Holt. 1899.

A compendium of recreation of all kinds. Adults as well as children will find it valuable for plays and games, athletic sports, mechanical and chemical experiments, as well as for definitions of terms applicable to the subjects in hand.

***Chesley, A. M.** comp. Indoor and outdoor gymnastic games. (Spalding's athletic library.) Paper, 10 cents. Amer. Sports Pub. Co.

Games for both large and small numbers of players are given. Tag games, ball games, racing games, oat and bean bag games, and athletic feats comprise the list.

Grey, Maria. Two hundred indoor and outdoor games. Milwaukee. Freidenker Pub. Co.

A valuable little book which contains the following list of plays and games, viz., races, games requiring fancy steps, contests, games to teach rhythm, games of tag, games with music, games with bean bags, games with a large ball and Indian clubs, and miscellaneous games.

***Gulick, Luther H.** Official handbook of the Public School Athletic League. (Spalding's athletic library.) Paper, 10 cents. N. Y. Amer. Sports Pub. Co.

A little book of some 190 pages, it contains the constitution and by-laws of the public school athletic league, the rules governing contests and championships, with hints on training, etc.

***Harper, Carrie A.** ed. One hundred and fifty gymnastic games; comp. by certain of the alumni of the Boston Normal School of Gymnastics. \$1.25. Boston. Ellis. 1902.

Collection of indoor and outdoor games; the list is divided into ball games, running games, miscellaneous and quiet games. Each game is classified according to grade, number of players required, and necessary apparatus.

***Hofer, Mari Ruef.** Children's singing games old and new; for vacation schools, playgrounds, schoolyards, kindergartens, and primary grades. \$.50. Chicago. Flanagan. 1901.

Such games as London bridge, the muffin man, itiskit, itasket, here we go round the mulberry bush, and a host of others similar are found in this collection.

Hofer, Mari Ruef. Folk games and dances; for playground, vacation school and school room use. \$.60. Chicago. Flanagan.

Old folk songs and the music to accompany each are given with directions for performing the dance or game appropriate to the spirit of the song.

***Johnson, George E.** Education by plays and games. \$.90. Boston. Ginn. 1907.

"Its first part is a study of the meaning of play, its relation to work, and its application to education. The second part is a series of games chosen from a thousand or more, and judiciously graded for progressive use. The author has wisely chosen the older forms in all games, thus giving the pupil the key to many references in literature and folklore quite unintelligible if he knew only modern variations of the original game."—(New York Times.)

Nugent, Meredith. New games and amusements for young and old alike. \$1.50. N. Y. Doubleday. 1906.

Mr. Nugent creates for the boy of ten a magic world and makes of his young devotee a veritable wizard. The book contains wonderful soap-bubble tricks, with the Nugent recipe used for producing immense bubbles lasting from five to ten minutes; it tells how to engineer yacht races in the clouds, how to make sunshine engines, and how to make a circus on a kite string. There are numerous illustrations made by the author and his collaborator, Victor J. Smedley.—Book Review Digest, 1906.

Orton, George W. Athletic training for school boys. (Spalding's athletic library.) Paper, 10 cents. illus. Amer. Sports Pub. Co.

Good for general ideas on training. Practical suggestions on how to train for running, jumping, pole vaulting, putting the shot, etc. A chapter on what to wear and the apparatus to use is given, with a bibliography of the books to consult.

***Schaefer, W. G.** Games for the schools and gymnasias. \$1.50. Milwaukee. Freidenker Pub. Co. 1900.

The aim of the compiler has been to present a series of games and plays that require the very simple apparatus which may be within the reach of all; many of the games require only spaces for successful playing. From the movement games without apparatus the author leads on through blindfolding games and plays with ropes or cords, staves and casting apparatus to those which require some skill in the use of the ball; the last section of the book is devoted to plays with bean bags adapted to use in the school room. Diagrams in many instances accompany the descriptions.

Track athletics in detail. (Harper round table library.) \$1.25. illus. N. Y. Harper. 1896.

Contents: Track events; Field events; Bicycling.

Useful book about running, jumping, walking, vaulting, putting the shot, throwing the hammer, and bicycling. Illustrations from photographs of prominent athletes in action a particularly valuable feature. A. L. A. catalog.

White, Mary. Book of games. \$1. N. Y. Scribner. 1905.

Excellent collection of indoor games for people of all ages. It contains old favorites, impromptu games, and those requiring simple preparation, as well as those for holiday celebration. All are suitable for either the home or church socials.

4. SEND OUT A CIRCULAR OF INFORMATION.

Send out a circular to teachers, parents, ministers, and others, and also have it printed in the



GETTING READY FOR A FIELD DAY IN THE DISTRICT
SCHOOL

county papers. This may be printed inexpensively on a Rotary Neostyle or Edison Mimeograph or other good duplicating apparatus. A duplicating apparatus of this kind is essential unless there is money enough to have the necessary printing done in a regular printing establishment. The Rotary Neostyle may be obtained of the Neostyle Company, 30 Reade St., New York, N. Y., at a cost of \$50.00. The Edison Mimeograph may be purchased at A. B. Dick Company, New York City. Of course the Simplex, the Schapirograph, and the Daus Duplicator are much cheaper, about five to six dollars each, and are excellent duplicators, but they print only a limited number of copies.

The following is a copy of the circular used by the State Normal School, New Paltz, Ulster County, N. Y.:

State Normal School
New Paltz, N. Y.

CENTRAL COMMITTEE
COUNTRY SCHOOL ATHLETIC LEAGUE
Ulster County, N. Y.

“Dear Sir or Madam.—A committee representing the Country School Athletic League of Ulster County has fixed the date for its next Field Day and Play Picnic. This date is Saturday, June 13th. Should the weather prove unfavorable the meet will be postponed one week to June 20th. Notification of postponement is to be made by telephone.

“Since one of the objects of this League is to promote health and vigor of mind and body, and since it recognizes organized play as a vital factor in securing these ends, the committee has planned to make plays and games one of the prominent features of the Field Day program.

COMPETITIVE GAMES

"Every teacher is urged to have the children come prepared to play at least one game. Among competitive games, Captain's Ball, Prisoner's Base, Robber Barons, and Relay Races are recommended. These games may be played by opposing teams of say eight members or more each. They are described in one or more of the books named in the list which accompanies this circular.

OTHER GOOD GAMES

"It is not desirable that all the play be of a competitive nature. There are many invigorating games in which the team element does not enter, and some of these are especially adapted to the younger children. Common examples are Fishes Swin, Hare in the Patch, Cat and Mouse, Three Deep, Last Pair Pass, Duck on the Rock, Statues or Steps, etc.

"The plays and games will be open to both boys and girls, and it is hoped that all will be encouraged to take an active part.

ATHLETIC EVENTS

"Of course in addition to plays and games there will be many stirring athletic events. Some of these are open only to girls as follows:

"Potato race, short distance relay races, baseball throwing.

"A unique feature of the program will be a series of interesting events open to adults not connected with schools, as follows:

ENTRANCE BLANK

ANNUAL FIELD DAY AND PLAY PICNIC OF THE COUNTRY SCHOOLS OF ULSTER CO., N. Y.

SCHOOL..... PUPIL'S NAME..... PUPIL'S PRESENT WEIGHT*
 PUPIL'S AGE LAST SEPT. 1ST..... YRS..... MOS..... DAYS

Check in this Column		Check in this Column	
	80 lbs. Class (80 lbs or less) 50 yard dash		95 lbs. Class (not to exceed 95 lbs.) 60 yards dash
	Running broad jump		Running high jump
	360 yards relay race		440 yards relay race
	115 lbs. Class (not to exceed 115 lbs.) 70 yards dash		All Over 115 lbs. Class 100 yards dash
	8 lbs. shot put		220 yards dash
	Running broad jump		12 lbs. shot put
	880 yards relay race		Running high jump
			880 yards relay race

I also certify that this pupil's average in both scholarship and deportment is passing for the last quarter, or since Easter.

Date of filling this blank.....190.....
 Check each event in which pupil wishes to enter. No pupil may enter in more than one (1) class, but may enter all events in that class. Pupil may not enter in any class if his weight is in excess of the weight given for that class. ALL BLANKS MUST BE IN BY JUNE 1.
 * PUPIL SHOULD BE WEIGHED IN THE LIGHT CLOTHING IN WHICH HE IS TO COMPETE. BOYS MAY RUN BAREFOOT.

Principal

Tug of war; 12-lb. shot put; obstacle race; sack race. Try to get up local teams or participators for these events and notify the Central Committee before June 1st, who may be expected.

“Boys who are properly qualified, *i. e.*, those who have earned their button in the Athletic Badge Contest (see below) may enter Field Day events as provided in the following blank. Winners will be awarded pennants which are to be placed as trophies in their respective schools.

AWARD OF BUTTONS

“The awarding of buttons for those who have succeeded in the Athletic Badge Competition will be an important feature of Field Day. The blank given below shows the regulations under which competition is to take place. Note that each community should have its Athletic Badge Competition prior to Field Day. Choose the afternoon on which you wish to have this contest and on notifying the Central Committee a representative of this Committee will be sent to the school or club at the appointed time and help the teacher take the records.

“Each pupil who attains the standards for any class mentioned on the blank, *e. g.*, ‘Boys under 13’ will receive a button on Field Day. Please note again that unless he is entitled to this button he cannot enter the Field Day championship events.

“We inclose a printed program which will give you some idea of the activities of the day. It will also be a guide for your preparation and the preparation of the children in whom you are interested, for Field Day.

“*Sincerely yours,*”

(Signed)

ATHLETIC BADGE COMPETITION

Country School Athletic League, Ulster County, N. Y.

Pupil	W'ght	Age:	Yr.	Mo.	Da.	School
EVENTS						
BOYS UNDER 13		Required Standard	Actual Record	Date		
chinning		4 times				
stand'g broad jump		5 ft. 9 in.				
60 yards dash		8 3-5 sec.				
BOYS UNDER 15		Required Standard	Actual Record	Date		
chinning		6 times				
stand'g broad jump		6 ft. 6 in.				
100 yards dash		14 sec.				
BOYS UNDER 21		Required Standard	Actual Record	Date		
chinning		9 times				
running high jump		4 ft. 4 in.				
220 yards dash		28 sec.				
<i>Teacher</i>						
<i>For Central Committee</i>						

This competition is to take place at each school under the direction of the teacher and a representative of the central committee.

Only those whose deportment and scholarship are satisfactory may compete.

Boys may run barefoot.

Only WINNERS OF AN ATHLETIC BADGE OR BUTTON ARE ELIGIBLE to enter the FIELD DAY CHAMPIONSHIP EVENTS.

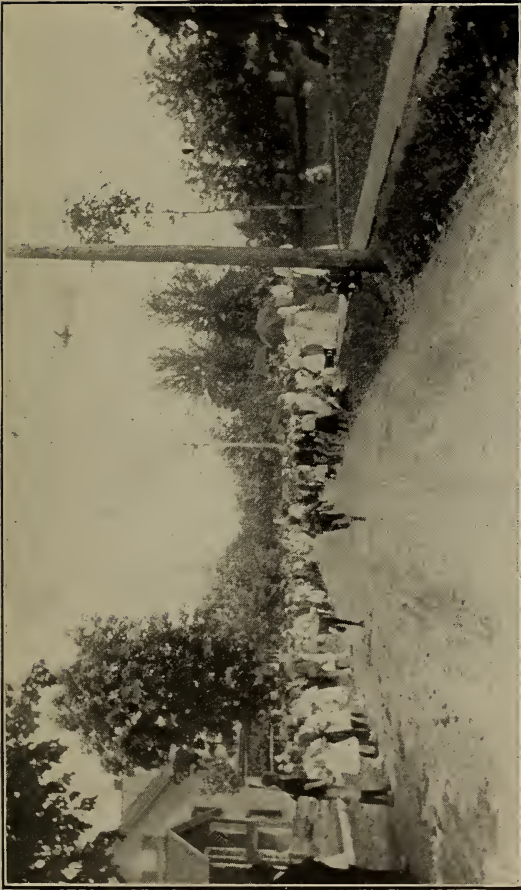
There shall be but TWO TRIALS in chinning, TWO in the dashes, and THREE in the jumps.

CHINNING:—The boy must extend himself full length, arms straight, before and after each pull up; he must bring his chin fairly over the bar each time.

The feet must not touch the floor or ground.

JUMPING:—(See rules XXV and XXVII. Official Handbook, P.S.A.L.)

RUNNING:—(See rule VIII).



THE EXPENSIVE RUNNING TRACKS ARE NOT NECESSARY IN ORDER TO
HAVE A SUCCESSFUL FIELD DAY.

5. CARRY ON A CAMPAIGN OF EDUCATION.

a. Have the subject of this great festival presented if possible with stereopticon views, or oil or acetylene lantern, at schools, granges, teachers' and farmers' institutes, and other organizations that ought to be interested in it, by some one who has had experience with this kind of work, or who can talk successfully about it. It may not be wise to advertise it in the newspapers for this might attract an undesirable element on Field Day. Slides may be obtained of the State Normal School, New Paltz, N. Y., on payment of express both ways and with a guarantee that broken slides will be replaced. No other charge will be made.

b. Get experts to simplify the athletic rules for conducting Field Day events so that they may be more easily comprehended by the uninitiated, and send typewritten or printed copies to country school teachers and others.

c. Send typewritten copies of games and folk dances specially adapted for use in country districts.

d. If possible send instructors to country schools, teachers' institutes, conferences, boys' clubs, ladies' clubs, etc., to teach indoor and outdoor games, and folk dances. In this way the most capable children and adults will soon learn a number of games and will in turn become efficient assistants in teaching others.

e. It is important that the School Commissioner be interested, also the pastors of the churches, and the masters of the granges.

6. PROVIDE BUTTONS, BADGES AND BANNERS.

Provide some device like a celluloid button, for all children who, in their athletic contests, attain a certain standard of excellence: also banners for

those who win in field day events. Confer with the Playground Association of America, 624 Madison Ave., New York City, N. Y., about this.

7. RAISE MONEY FOR EXPENSES.*

Money may be raised for badges, pennants, and other expenses incident to the occasion in one or more of the following ways:

a. Contributions from granges, clubs, teachers' associations, churches, other fraternal organizations, fire companies, &c.

b. Contributions from private individuals.

c. School entertainments such as plays, poverty social, masquerade, sales, luncheons, etc.

d. Candy and pop-corn sales.

e. Let children be given the charge of a few chickens and sell the eggs for the benefit of field day. Let them plant a small patch of corn or beans or some other vegetable, and devote the produce to the same cause.

f. Furnish each child with one or more small envelopes, to be taken home to the parents and friends and to be returned at a given time with or without contributions. Of course no child should be made to feel that he *must* contribute.

g. Proceeds from the sale of old rubbers, kid gloves, and papers collected by the children.

h. Collecting "yards of pennies." That is, strips of cloth or ribbon are sewed into pockets, each of which will snugly hold a penny. These narrow strips 10-cent lengths, 20-cent lengths, 30-cent lengths and so on, may be filled by the children and their friends.

i. Rummage sale, or a sale of second-hand articles, clothing, furniture, &c., rummaged out of garrets, boxes, &c.

*The expenses of the 1907 field day and play picnic at New Paltz amounted to about \$150.

8. DETAILS FOR THE DAY ITSELF MUST BE CAREFULLY PLANNED.

The duties of the day will naturally fall under several heads, viz., reception of visitors, seats, toilets, drinking water, day nursery, apparatus and games, printing, refereeing games, time keepers, etc., etc. This calls for a number of committees with efficient chairmen. It must be remembered that the success of a play festival depends on the care with which the details are arranged. Experience suggests the following particulars:

a. Provide for checking clothing, lunches, and other packages.*

b. Plan what to do for the crowd in case a thunder storm comes up.

c. Provide ample toilet accommodations for both sexes.

d. Provide for plenty of drinking water. This will require especially careful planning. There should be an abundance of drinking cups.

*"As the matter of checking articles for upwards of 1,000 or perhaps several thousand people is no light task, the following is suggested as a workable scheme, it being the actual description of the New Paltz method:

"The headquarters for lunches and wraps was the auditorium of the Village Hall. The long transportable benches which are used for seating an audience were arranged as usual leaving a broad aisle in the middle of the room. On the end of each bench was placed a large tag marked so as to cover a range of fifty numbers and the tag numbers increased consecutively by fifty up to 1,000, *e. g.*, first tag 1-49, second, 50-99, etc.

"The wrap tags differed from the lunch tags in color and size, and were arranged in separate bunches. Each monitor had a bunch of 100 tags whose numbers covered a range of 50, each number appearing on two tags. After placing one tag on the article and attaching the duplicate tag to the owner, the monitor placed the article on the bench whose number included the number contained in his bunch of tags.

"When the owner wished to reclaim his property, he presented his tag and the monitor knew that the article must be on the bench whose number included the number on his tag. Dennison labels were used, costing about 30c per 1,000."



THE DAY NURSERY AT A COUNTRY PLAY FESTIVAL.

This Makes It Possible for Mothers to Have a Play Day as
Well as the Children.

e. Provide seats. The best way to do this is to get thick boards from the lumber yard and extend them over boxes (berry crates are admirable for this purpose). Let these improvised benches inclose each play area thus making them serve the double purpose of accommodating people who wish to sit down and of keeping the crowds from surging on to the places where children are playing.

f. Secure a few tents or booths. Let a large tent serve as a crèche or day nursery furnished with cots, kindergarten tables, and occupations for very little children. Let there be a generous sandpile outside. The other tents may be used for refreshments, for, although lunches are brought, there is a ready sale for sandwiches, frankfurters, ice-cream, soft drinks, etc. Let the "concessionaires" who sell articles in these tents pay a small per cent on the receipts for the privilege, or better, let them have the privilege free of cost. School societies, or church societies may well be allowed to have tents or booths on the grounds that day and sell refreshments.

A tent may be fitted up for the display of games for school and home, showing inexpensive equipments, and by charts, photographs, and other exhibits showing how an interesting program may be organized for passing an evening without dancing or card playing, whether in home, day school or Sunday school, or place of public meeting.

A tent may also be designated for exhibiting charts, books, pictures, paraphernalia, etc., showing the organization and workings of boys' clubs such as the K. O. K. A., men's clubs, women's clubs, etc. In fact, any organization that would tend to promote health, intelligence, and happiness; for one purpose

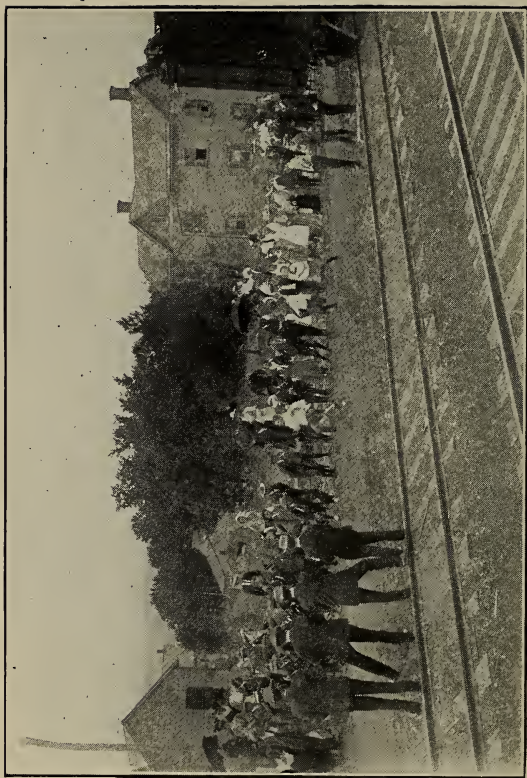
of this great day is to suggest, stimulate, and give immediate and practical aid in all possible directions to all people.

Some may want to set aside a tent for showing exhibits of home-made bread and cake, of home-made candy, of needle-work and of home-grown flowers or vegetables. Prizes might be awarded, not for the best, but to all who have attained a certain standard of excellence in producing the article exhibited. Those who would like to investigate these matters further are invited to correspond with the author, who is ready to submit score cards and make other suggestions. Some children might wish to exhibit poultry of their own raising. If so, give them a chance to do it.

g. Prepare a kit of tools, hammers, nails, tacks, screws, screw eyes and hooks, saw, mallet, axe, twine, stout cord, odds and ends of ropes, in short, anything and everything that you think may be needed by the exigencies of the day. A marking brush and ink may come handy for putting up notices. No telling what may happen or what needs may spring up. The managers should be prepared for everything. "*Semper paratus*" is a good motto.

h. Engage two or three men and a horse and wagon for the day. They will be needed.

i. Have the lime and apparatus for marking out courts or indicating division lines, in good order. Thus a half barrel of dry lime with a Dry Tennis Marker, and a half barrel of liquid lime with a "wet marker" such as the Duplex Tennis Marker or the Columbia Tennis Marker, should be at hand. These markers may be obtained of A. G. Spalding & Brothers, New York City, or the Narragansett



AN ATHLETIC FIELD DAY IN A COUNTRY TOWN.

The Roadway Serves the Purpose of a Running Track Very Well.

Machine Company, Providence, R. I., at an expense of about \$1.50, \$2.50, and \$3.50 respectively.

j. Arrange as rich and varied a program of plays and games as possible. Here are some of the apparatus games that may be provided, and, by the way, it is entirely feasible to transport this material from one place to another and institute a Field Day and Play Picnic in any community or section at short notice. It is by no means necessary to have finely appointed athletic grounds, or closely cropped lawns; any fairly level field from which the grass or hay has been cut, and which borders a fairly good country road will do.

The games are given in alphabetic order and not necessarily in the order of their importance. Most of these may be found indexed in the A. G. Spalding & Bros. Trade List or in the catalog of the Narragansett Machine Company.

Archery	
Eadminton	
Baseball	Tether ball, or Tether tennis
Basketball	Volley Ball
Bean bags, or Oat bags	
Clock golf	
Croquet	
Diabolo	
Hockey, or Shinny	
Indoor baseball	
Lawn Bowls	
Playground ball	
Quoits	
Tennis	

If a stream of water, pond or lake is near, provision may be made for rowing, swimming, wading, sailing toy boats, and fishing.

Apparatus such as Giant Strides, Swings, Seesaws, Teeter ladders, Horizontal bars, Climbing

ropes or poles, self-propelled merry-go-rounds, and circle bars may be provided without very great expense. Also, a piece of apparatus known as the Playground slide which is sure to be exceedingly popular and in continual use. It should be emphasized here that all games and all apparatus prepared for a Play Picnic should be of a kind which requires *active effort* on the part of the children. A merry-go-round, for instance, propelled by machinery would be entirely out of place. The purpose of the day is to have active play and participation in stirring occupations, not mere amusement. Guard against anything which tends to make a Coney Island of the day.

k. Let the field events be planned and carried out by those who have had experience and are expert in this kind of work. Call on the County Secretaries of the Y. M. C. A. for help in this particular.

l. The singing of patriotic songs is appropriate, as are flag drills and flag salutes. Send out one or both of the following salutes and propose that the pupils of each school memorize the one preferred, and as each school comes on the grounds the children might march up to the flag in a body and salute it as a preliminary to the day's enjoyment. It makes no difference whether there are spectators at hand to see them do this, or not; the idea is not for show but for patriotism. Here are the flag salutes:

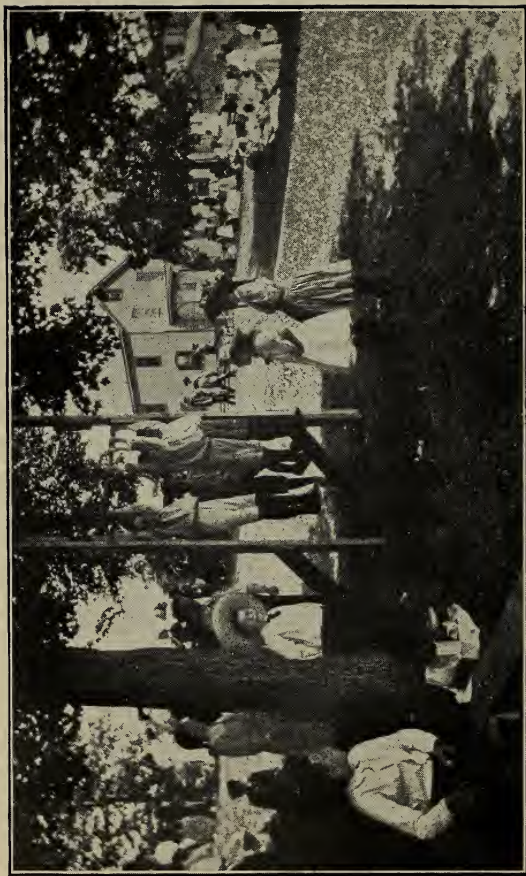
1. "We give our Heads and our Hearts to God and our Country. One Country! One Language! One Flag!" (*Written by Col. George A. Balch, U. S. A.*)

2. "I pledge allegiance to my Flag, and the Republic for which it stands—one nation, indivisible,

with liberty and justice for all." (*Youth's Companion*.)

Perhaps some will wish to have the raising and lowering of the flag attended by some simple ceremony for the purpose of inculcating respect and reverence for the national emblem. This beautiful practice has already been adopted in many schools and was doubtless suggested by the custom of our soldiers and sailors. Thus, at Army posts and on warships soldiers and marines present arms when the flag is being raised or lowered; officers not on duty, and civilians, uncover their heads while the band plays "America" at the raising and "The Star Spangled Banner" at the lowering of the flag. The flag is not allowed to touch the ground or floor but is respectfully received into some one's arms.

m. Let everything be done in the most informal and unprofessional way. Avoid hiring brass bands, or introducing claptrap devices for amusements. Let the occasion be simply a gathering of the clans for a joyous day of play in the open air. The purposes of the day and an excellent program are shown in the following:



LITTLE EQUIPMENT IS NECESSARY. THE CHIEF THING
IS THE OCCASION.

SECOND ANNUAL FIELD DAY AND PLAY PICNIC

—of the—

COUNTRY SCHOOLS OF ULSTER Co., N. Y., ON STATE
NORMAL SCHOOL GROUNDS, NEW PALTZ,
N. Y., JUNE 8, 1907.

All games and events, except the Field Day Championship Events, are open to every child, city children excepted. No registration or previous notice is needed. Each child should feel that this field day is instituted for his or her special benefit. All should take part in as many games and other open events as they can without injuring themselves.

The Country School Athletic League emphasizes the value of play. It holds that properly supervised play is one of the important concerns of every household, of every school, and of every community. Play makes for health and contentment: it aids in the development of a wholesome social spirit, and of a more kindly community life; it stirs the mind to keen activity and trains the individual to take the initiative, to act promptly and energetically, and to co-operate for the good of all. To bring many of our country communities into pleasant social contact, and to give our people, young and old, opportunity to participate in time honored sports and amusements, to learn new and inspiring games, and to become acquainted with good, practicable methods of physical training, is the purpose of our Field Day.

PROGRAM

THE ASSEMBLY (10.30 A. M.)

Flag raising, with marching, flag salute, and patriotic songs.

"My Country, 'Tis of Thee."

Flag salute: "We give our Heads and our Hearts to God and our Country; one Country; one Language; one Flag."

"Red, White and Blue."

May Pole Dances by different schools.

GROUP I. (11 A. M.)

1. **North campus**—(a) Kindergarten children: 1. Honey pot, and other games. 2. Folk dances.
All little children are invited to take part in these games. Assistants will be at hand to teach the beginners.
(b) 12 pound shot-put. All over 115 pound class.
2. **Tennis court**—Captain Ball. 8th grade girls, New Paltz; Miss Dickinson, umpire. (Easily learned, watch it.)
3. **South campus**—(a) Running high jump. Adults.
(b) Running broad jump. 115 pound class.
4. **Upper road**—(a) 50 yards dash. 80 pound class. Trials.
(b) 60 yards dash. 95 pound class. Trials.

GROUP II. (11.30.)

1. **North campus**—(a) Primary children: 1, Singing games—Open wide the garden gate, the Cuckoo. Led by Miss Florence Miller and Miss Helena McGovern.
(b) 12 pound shot-put. Adults.
2. **Tennis court**—Potato race. For girls only. (a) Girls under 10; (b) girls over 10. (Schools may challenge one another.)

3. **South campus**—(a) Running broad jump. 80 pound class.
(b) Running high jump. 95 pound class.
4. **Upper road**—(a) 70 yards dash. 115 pound class. Trials.
(b) 100 yards dash. All over 115 pound class. Trials.
5. **Lower road**—Potato spearing race on horseback. Open to all riders.

Intermission

LUNCH. Opportunity for rowing on the river.

At 1 P. M., Military Drill—Knights of King Arthur, Huguenot Chapter, New Paltz, N. Y., and Delta Sigma boys.

At 1.15 P. M., Demonstration of singing games and folk dances by Normal Seniors.

GROUP III. (1.30 P. M.)

1. **North campus**—(a) Prisoners base. Match game between Buttrville and Ohioville schools. Other schools may challenge one another. Two halves of ten minutes each will be played.
2. **Tennis court**—(a) Primary children. (1) Here we come gathering boughs of May. (2) Three deep. Led by Miss Florence Crowther and Miss Glendora Allen. (3) Miscellaneous games by the younger children of visiting schools.
3. **South campus**—(a) Baseball throwing (girls).
4. **Lower road**—(a) Tug of war (adults).
5. **Upper road**—(a) 50 yards dash. 80 pound class. Finals.
(b) 60 yards dash. 95 pound class. Finals.
(c) 220 yards dash. All over 115 pound class.

GROUP IV. (2 P. M.)

1. **North campus**—(a) Games for little children: 1. London bridge. 2. The jolly miller. 3. Fishes swim, &c. Led by Miss Miller and Miss McGovern,

2. **Tennis court**—Flag relay races for girls of the 7th and 8th grades of all schools. Conducted by Miss Mabel Krause and Miss Elizabeth Dee.
3. **South campus**—Running broad jump. Adults.
4. **Upper road**—(a) 70 yards dash. 115 pound class. Finals.
(b) 100 yards dash. All over 115 pound class. Finals.

GROUP V. (2.30 P. M.)

1. **North campus**—(a) Prisoners base. Match game between Highland and New Paltz girls. Two halves of ten minutes each.
(b) 8 pound shot-put. 115 pound class.
2. **Tennis court**—(a) Basketball relay races. 5th and 6th grade girls led by Miss Olive Rasmussen and Miss Mary Barney.
(b) Relay races by teams from visiting schools.
3. **South campus**—Running high jump. All over 115 pound class.
4. **Upper road**—100 yards dash. Adults.

GROUP VI. (3 P. M.)

1. **North campus**—Miscellaneous games open to all: Volley ball, Tether ball, Badminton, Playground ball, Quoits, Ring toss, Archery.
2. **Lower road**—(a) 360 yards relay race, 4 boys on a team, 80 pound class.
(b) 440 yards relay race, 4 boys on a team, 95 pound class.
(c) 880 yards relay race, 4 boys on a team, 115 pound class.
(d) 880 yards relay race, 4 boys on a team, all over 115 pound class.

GROUP VII. (3.45 P. M.)

1. **Lower road**—(a) Bicycle race. Boys.
(b) Bicycle race. Girls.
2. **Tennis court**—Obstacle race.

The program will be interspersed by folk dances,

given by groups of girls and boys in costume, wandering as bands of merrymakers about the grounds. If time permits, impromptu games of baseball will be arranged.

Athletic badges and banners will be awarded after the obstacle race.

Winners will assemble at the tennis court for this purpose.

The above program was participated in by about 3,000 people, of whom more than one-half were school children. Where smaller numbers are expected a less elaborate program will suffice.

n. For each game have two or more leaders who shall superintend it, care for the apparatus, teach beginners, act as referee, etc. Each leader should have a generous corps of helpers, the latter to serve only an hour or so, for naturally everyone wants a lot of free time on a day like this. It is absolutely essential that a large squad of helpers be trained for the work of the day. Herein lies the success of an occasion like this. There should be one or more general supervisors, too, to whom the children may go and inquire "What can I do next?" and receive a prompt reply.

It may not be well to have the annual Field Day of a county held always in the same place. Let it move to different parts of the County wherever there is prospect of its being well taken care of by those of the immediate vicinity.

CLASS OR GROUP ATHLETICS RECORD.

To keep alive the athletic interests of a County or community and to promote preparation for Field Day, it is well to have as general an introduction as possible of the following scheme of athletics, taken

CLASS OR GROUP ATHLETICS RECORD
COUNTRY SCHOOL ATHLETIC LEAGUE, ULSTER COUNTY, N. Y.

UNGRADED _____
 GRADE _____

TEACHERS NAME

SCHOOL _____

	Pupils	Age	Weight	Chin'g	Jump	Dash	Date	Pupils	Age	Weight	Chin'g	Jump	Dash	Date
Totals														
Averages														
Totals														
Averages														

John C. Moore Corporation, Rochester, N. Y. Binder and holes in leaves, each Patented 1906. 101465

from the blank used in the Country School Athletic League of Ulster County, N. Y.

CLASS OR GROUP ATHLETICS.

After the plan of

**W. J. Ballard, Ass't Director Physical Training,
N. Y. City.**

CLASS OR GROUP ATHLETICS is a device by which every boy may enter the athletic events prescribed, viz., chinning, jumping and running, and, if he does his best, feel that he is helping his class to win.

In this form of athletics, a trophy is won or a record is made not by the individual record of a boy, but by the AVERAGE of the individual records of the boys in a class or group.

The records are obtained as follows:

CHINNING OR PULL UP. An inclined ladder is an ideal piece of apparatus for this, or a bar may be fitted into a door-way or on the school grounds. The boy must pull himself up until his chin is over the bar, and then lower himself the full length of his arms. This he does as many times as he can. He must not touch the floor with his feet when he lowers himself. The number of times he pulls himself up is his record. The class or group record is found by adding the individual records, and dividing by the number of boys entered.

JUMPING. The boys are taken to a suitable place, and lined up in the order in which they are to jump. Each boy jumps, having three trials if he wishes, and his best jump is recorded. The class or group record is found as above.

RUNNING. The distances for graded schools are: 5th yr., 40 yds.; 6th yr., 50 yds.; 7th yr., 60 yds.; 8th yr., 80 yds.; for ungraded schools the distance will be 50 yds.

In some schools a large number of boys will run. Long before the records of any such number of boys can be taken, most stop-watches will give out. On this account the following method has been adopted:

The boys are lined up in the order in which they are to run. The timer, who acts also as starter, stands by the finishing line, his watch in his left hand and his handkerchief in his right hand. When ready he slowly raises his handkerchief, then waves it downward with a quick movement, at the same time starting his watch; this is the signal for Boy No. 1 to start and for No. 2 to step up to the starting line. As Boy No. 1 nears the finishing line, the timer raises the handkerchief slowly as a warning to No. 2, and at the instant No. 1 crosses the finishing line, the handkerchief is again quickly waved downward, No. 2 starts and No. 3 steps to the starting line. In the same way every boy is started, and as the last boy crosses the finishing line the watch is stopped. The record is found by dividing the elapsed time as shown by the watch, by the number of boys that race.

If an ordinary watch is used, start the first boy when the second hand is over the sixty mark, and proceed as before.

TROPHIES will be awarded by the Country School Athletic League for the best class records in graded schools, and for the best group record in ungraded schools, in CHINNING, JUMPING, and RUNNING. SOUVENIRS will be given to EACH member of the winning group.

REGULATIONS

In ungraded schools all boys above 10 years old are included as eligibles. In graded schools those in the fifth grade and above are eligible.

For any class or school to enter for a trophy, not less than 75% of the boys enrolled for the month in which the record is taken, must take part. The number taking part must not be less than 8.

Schools so small that each grade does not contain as many as 8 boys compete as ungraded schools: *i. e.*, the school as a whole, including all boys above 10 years old, form a single competing group.

Events will occur as follows:

Standing broad jump, in the fall.

Chinning, in the winter.

Running, in the spring.

Records are to be sent in to the chairman of the central committee of the Country School Athletic League, care of State Normal School, New Paltz, N. Y., as follows:

Standing broad jump, not later than December 1st.

Chinning, not later than March 1st.

Running, not later than June 1st.

SUGGESTIONS

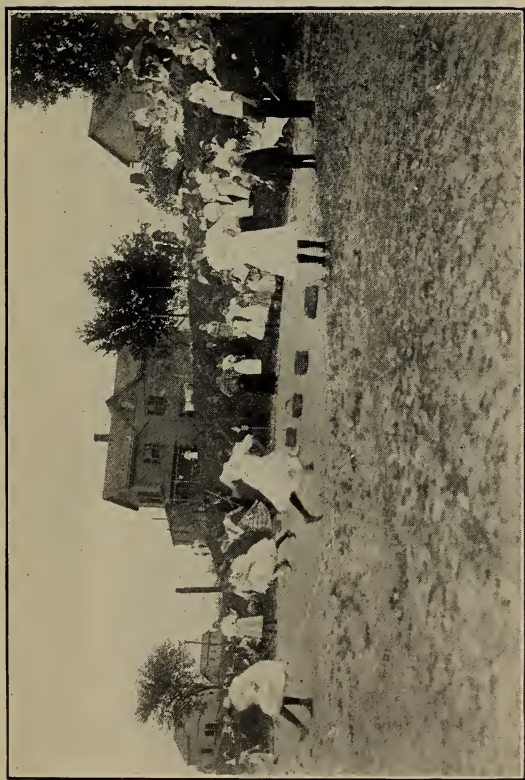
Have class trials occasionally before taking final records. They will arouse interest in the contests.

Encourage the boys to practice by themselves in the yard, on the street, at home, or elsewhere.

Write the boys' names upon the blackboard, if you have the space; if not, write the names upon a sheet of paper and pin it up. Enter the boys' records as they bring them to you.

A woman should not be afraid to take hold of this form of athletics. It is not how far the boys can jump; it is getting them to want to jump. This a woman can do as well as a man, perhaps better.

A limited number of blanks of this kind as well as of those mentioned elsewhere may be obtained at small cost of the State Normal School, New Paltz, N. Y. Or a sample will be sent on receipt of return postage.



POTATO RACE FOR GIRLS AT A PLAY FESTIVAL IN THE COUNTRY.

III. ATHLETICS AND PLAY STANDARDS FOR GIRLS

The question of competitive athletics and games for girls is a vexed one, and although it is impossible as yet to reach such a general agreement in regard to it as has been accorded to the standards proposed for boys by Doctor Gulick, yet many feel that some sort of a beginning must be made, be it ever so crude, and let the plan be subjected to experiment and criticism to the end that a better scheme may eventually be devised.

The fact, too, that school girls are pressing for recognition in badge competition contests would indicate that the time is ripe for action, and as the country girls in Ulster County in particular have been very pronounced in their insistence, owing to the interest which has grown out of the systematic efforts in behalf of play and athletics in that County, Miss Anna M. Morgan, Physical Director in the New Paltz Normal School, was requested to draw up a plan for the Country School Athletic League. She has done so with such encouraging success that her plan is submitted in this manual with an honestly extended invitation for criticism and suggestion, all of which will be gratefully received.

PLAYS AND GAMES AND BADGE COMPETITION EVENTS FOR GIRLS

of the

COUNTRY SCHOOL ATHLETIC LEAGUE, ULSTER
COUNTY, N. Y.

by

ANNA M. MORGAN

Director of Physical Training, New Paltz, N. Y.

The play life of the individual may be classified into three periods—infancy, childhood, and adolescence. Doctor Gulick says "The games of the first period, from birth to seven or eight are non-co-operative. Kindergarten children play side by side in pairs, rarely spontaneously or in groups. They are gregarious rather than social."

"Plays between the ages of seven and twelve are social, co-operative, and competitive but each child usually plays for himself."

"After twelve years, the group games with opposing sides are more popular and finally tend to crowd out all others."

The list of games given below accords with this classification, though of course it does not follow that games suggested in the first group may not be played in the second group, while many of the games of the second group are still enjoyed by children playing the games of the third group. This is especially true when the repertory of games is not large. As children become more skillful in play the period from 12 or 13 on becomes distinctively the group game period.

Ever since the organization of the Country School Athletic League of Ulster County, there has been a growing demand on the part of the girls for membership in the organization and they have been quite ready to run, chin, and jump in order that they too might win a button. But of course the standards prescribed for boys do not meet the needs of the girls. The girl's outdoor habits are very different from her brother's. She responds less readily to her physical environment and all too frequently gives up playing when she is most in need of it. To prolong the play period by encouraging a participation in outdoor exercise is what the girl most needs, and in an endeavor to meet this need and to open to girls a rational way to membership in the Country School Athletic League, Mr. Scudder's suggestion has been adopted of putting their competition on the basis of certain games classified under the three following heads: (a) running and jumping, (b) striking, and (c) throwing. This suggestion grew out of the following considerations, namely, that in a study of our popular games, as has been pointed out, practically every game is founded on one or more of these forms of activity, running and jumping, striking, throwing. Primitive man struggled for existence. Those who did not excel in these achievements were no match for their surroundings, and ceased to exist. The "fittest" who survived were those in whose nervous organism was ingrained a predisposition to these fundamental activities. This is the child's "savagelike inheritance," and because of this inheritance, children may be expected to experience the keenest delight in the games of pursuit whose beginnings are traced to prehistoric hunts and warfare. Indeed, the child who has no chance to play games involving

wholesome inherited instincts, misses a most potent stimulus not only for mental growth but for moral status as well.

A scheme for competition may well be founded, therefore, in part at least, on such a classification of games as we have referred to, each competitor being required to show ability to play a certain number of games, fairly balanced between the classes, and to be scored on her play as will be indicated later. But in addition to these three great classes or divisions two other classes of valuable exercises are indicated, one of outdoor sports, and the other of exercises which appeal especially to the dramatic and rhythmic sense and to a fine degree of muscular co-ordination. From these also, selections are to be made as stated below.

The classification is as follows :

GROUP I (Children 7 or 8 years old and under).

This group is not competitive but is a suggestive list of games for the younger children, to provide for their physical needs, and eventually to prepare them to participate intelligently in groups II and III.

Cat and Mouse
Charlie Over the Water
Chickamy, Chickamy, Crany, Crow
Come with Me
Fishes Swim
Garden Scamp
Hare in the Patch
Hide and Seek
Honey Pots
Old Witch
Puss in the Corner
Steps

The Beetle
The Miller
Twelve O'clock at Night
Witch in the Jar

Singing Games

Did You Ever See a Lassie
Drop the Handkerchief
Farmer in the Dell
Go Round and Round the Village
Here We Come Gathering Boughs of May
Here We Go Round the Mulberry Bush
Jenny Jones
Jolly Miller
London Bridge
Needle's Eye
Oats, Peas, Beans and Barley Grow
Open Wide the Garden Gate
When I was a Shoemaker

Many of the singing games in this list are enjoyed by children of intermediate grades quite as well as by primary children. This list may be increased from Miss Hofer's "Singing Games, Old and New" and "Popular Folk Games and Dances." The games mentioned, with few exceptions, are described in Miss Hofer's books. The books also furnish material for the exercises under Class 5 of each Group:

GROUP II.

Class 1

Games in which *running and jumping* predominate.

Beetle or Whip Tag	London Loo
Bull in the Ring	Pom, Pom, Pull Away
Catch of Fish	Prisoner's Base
Center Base	Red Lion
Day and Night	Robber Barons (Stealing Sticks)
Fox and Chickens	Sheepfold
Ham, Ham, Chicken Ham, Bacon	*Single Relay Race
King's Run	Three Deep
Last Pair Pass	Wolf
Link Choose	Yards Off

Class 2

Games in which *throwing* predominates.

Boundary Ball
Dodge Ball
Duck on a Rock
Horseshoe Quoits
Lawn Bowls
Ring Base
*Ring Toss or Bean Bag Toss
Ten Pins

Class 3

Games in which *striking* predominates.

Tennis
Tether tennis
Croquet
Ping Pong
Driving the Pig to Market
Volley Ball
Modified forms of the organized games as
One Old Cat
Two Old Cat, for baseball
Shinney for hockey

Class 4

Outdoor recreations

Archery
Bicycling
Climbing trees, ropes, poles, ladders
Horseback riding
Swimming

Class 5

Balancing (Diabolo might well come in here).
Dramatic and rhythmic exercises
Folk Dances
Singing Games

NOTE: The starred games *must be included* in the selection.

GROUP III.

Class 1

Games in which *running* predominates.

Cross Tag	Racing Tag
Follow Tag	Robber Barons

Hockey
Prisoner's Base

*Shuttle Relay Race
Yards Off

Class 2

Class 3

Games in which *throwing* predominates. Games in which *striking* predominates.

Basket Ball
Battle Ball
Basket Ball Throwing
Captain's Ball
Corner Ball
Duck on a Rock

Croquet
Hand Ball
Playground Ball
Tennis
Tether Tennis
Volley Ball

Class 4

Class 5

Outdoor recreations
Bicycling
Canoeing
Horseback Riding
Rowing
Sailing
Skating
Skeeing
Snow Shoeing
Swimming

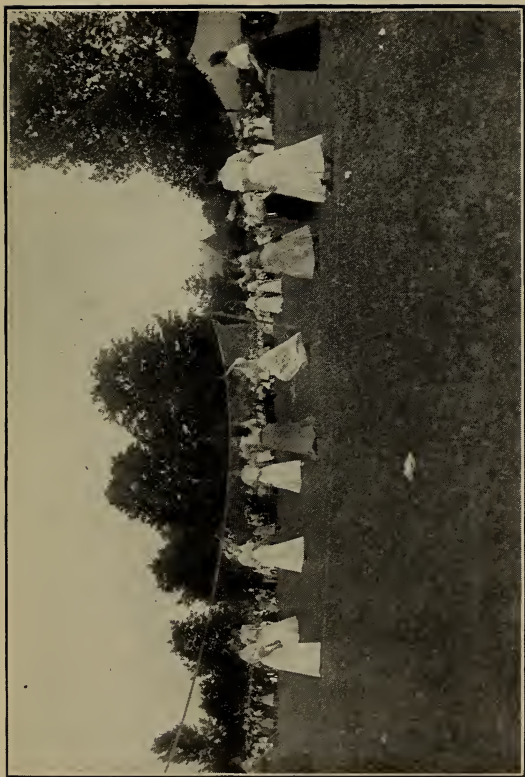
Balancing
Rhythmic Exercises
Folk Dances
Singing Games

NOTE: The starred games *must be included* in the selection.

Many games of Group II are continued in Group III, the favorite one being Prisoner's Base. This game admirably connects the second and third groups. Robber Barons, Yards Off, in fact nearly all the games in Class I are transitional games.

This collection of games has been found practical. It is by no means exhaustive but can be readily supplemented from Doctor Johnson's "Education by Plays and Games," Doctor Arnold's "Gymnastic Games Classified" and Mr. A. M. Chesley's "Indoor and Outdoor Gymnastic Games" from which publication many of the games were selected.

A list of other excellent compilations of games is given elsewhere.



VOLLEY BALL AT A PLAY FESTIVAL IN THE COUNTRY.

Children Are Not the Only Ones Who Enjoy Such a Day.

REGULATIONS GOVERNING THE ATH-
LETIC BADGE COMPETITION
FOR GIRLS

In order that there may be a systematic basis of procedure, the following standards of eligibility for girls have been tentatively adopted by the Country School Athletic League.

A. *Girls above the fourth grade, or girls from 10 to 13 years of age, inclusive.*

Any girl of this class is a badge winner who sustains the attendance, scholarship, and deportment governing membership in the Country School Athletic League, and, in addition, is able to play from GROUP II *four* running games, *two* throwing games, *two* striking games, and to show skill in the practice of *one* outdoor sport and *one* of the exercises mentioned in *Class 5*.

B. *Girls from the High School, or girls from 14 years old and upwards.*

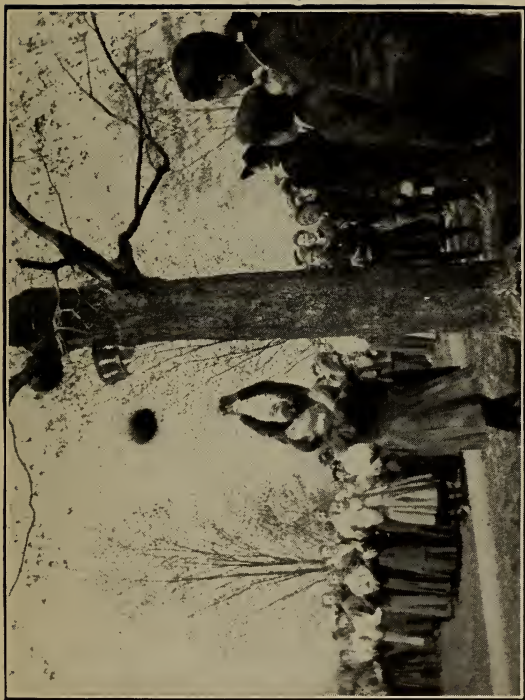
Girls from this class shall select from GROUP III *two* running games, *two* throwing games, *two* striking games, *one* outdoor sport, and *two* of the exercises mentioned in *Class 5*. While it is desirable that *all* girls take part in the Field Day programs given under the auspices of the League, it must be borne in mind that *only those who are winners of an Athletic Badge or Button can take part in the competition games for which pennants are awarded.*

The competition for the Athletic Badge or Button will be judged as follows:

Games—(Classes 1-3).

Knowledge of games

20 points



**A RELAY RACE. MOTHER NATURE FURNISHES THE GOAL
POST AND A PEACH BASKET DOES THE REST.
One Ingenious Teacher is Reported to Have Used Pumpkins for
a Relay Race Where Basket Balls Were Not Available.**

Ability to play	20 points
Courage (5)	
Skill (5)	
Co-ordination (5)	
Reaction (5)	
Co-operation	20 points
Outdoor Recreations (Class 4)	10 points
Folk Dancing, &c. (Class 5)	
Memory	10 points
Form and Grace	10 points
Spirit	10 points

Pupils will be judged (scored) as to their proficiency, by their principal or teacher, assisted by *two* judges nominated by said teacher and approved by the Central Committee. Or they may be judged by a referee appointed by the Central Committee.

A statement from the teacher declaring the pupil's proficiency in any one sport selected from Class 4 will be accepted.

The above scoring table gives a maximum of 100 points. The individual members of a class winning 75 points are awarded buttons.

Girls competing for the Elementary Badge or Button must include in their selection of games the Single Relay Race and Bean Bag Toss. In the single relay each contestant must run 50 yards, *i. e.*, the goal must be 25 yards from the start. The average for the class must not exceed nine seconds.

For the Bean Bag Toss a bag shall be provided weighing not less than two pounds, and a circle six feet in diameter must be drawn. The throw is made from a line 20 feet from the circle. The contestants line up back of this line. In succession, with advanced toe on the line, each contestant has two throws. A bag falling within the circle counts one point. The group must make a record of at least 75%.

Girls competing for the *High School Badge* shall

include in their selection of games the Shuttle Relay Race, and Basket Ball throwing.

For the basket ball throw a six-foot circle, with a heavy line across its center is drawn at one of the throwing space. The thrower toes this line and in completing her throw she must not fall or step over the line in front of her. If this is done, it constitutes a foul, and a second trial is given. Fouling in the second trial excludes the contestant from the competition. The throwing space shall be divided by three cross lines measuring from the front of the circle as follows: 20 feet, 25 feet, and 30 feet. The class average must be at least 25 feet.

In the Shuttle Relay Race each contestant must run 60 yards. The class average must not exceed 10 seconds.

ADDITIONAL TROPHIES FOR UNGRADED SCHOOLS

In addition to these awards, trophies will be given to any ungraded school, having at least 10 enrolled pupils (Girls) who meet the following requirements from GROUP II, namely, ability to play *six* games selected from *Class 1*, *three* games from *Class 2*, and *three* games from *Class 3*, also skill in the practice of *three* sports from *Class 4* and *three* of the exercises mentioned in *Class 5*.

Trophies will also be given to any school in which there are not less than 20 girls of 14 years of age and upwards, each of whom can play, from Group III, *three* games in *Class 1*, *three* games in *Class 2*, and *three* games in *Class 3*, and who will show skill in the practice of *three* outdoor sports selected from *Class 4* and *three* of the exercises mentioned in *Class 5*.

Competitions for school trophies will be judged by the standards fixed for the athletic badge competition.

OCT 30 1908

LIBRARY OF CONGRESS



0 020 237 002 0