

## Field Day Program

Lucy South Proudfoot

**F**IELD Day, an annual event in many city schools, is also becoming popular in rural districts. The aim is two fold: to interest children in out of door activities and to interest parents in the physical condition of the children. The relation of the community to the school is strengthened in this way. Field Day is usually held in the latter part of May and is a picnic day for the entire community.

Rousseau wrote, "Do not save time, but lose it. What would you think of a man who refused to sleep lest he waste part of his life? Our tragic error is that we are so anxious for the results of growth that we neglect the process of growing." The periods spent in the practice of athletics may seem lost time, but this drill is a sure method of acquiring such control of the body as is necessary for economic efficiency.

All grades should be included in the Field Day programme. Grades One, Two and Three may join in such games as The Farmer in the Dell, Club Snatch and Pass Ball. Athletic training may be begun in Grade Four but should be regarded as play and no attempt to break records. In Grades Four, Five and Six the events should include running, walking and jumping of all kinds. In Grades Seven and Eight hurdling and throwing may be added. Shuttle Relay Race is a good closing number.

### RUNNING

The start: The hand of the runner is placed on the line and he leans forward. The knee of the rear leg should be opposite the ankle of the forward foot. This is called the "crouch start."

The commands: (1) On your mark. (2) Get Set. (3) Go.

In running the knees should be raised forward. The legs should not be lifted high behind as this wastes energy. Trunk and head should be carried naturally and arms swung freely from the shoulders.

For children under thirteen a dash should not exceed forty yards. Those over thirteen may compete in fifty yard dashes.

### COMPETITIVE WALKING

The competitors start from a given mark and

Boys and girls have more interest in play and exercise if some real and definite object is in view. Practice for a Field Day to be held on Empire Day or the last day of school will serve as an incentive and the exercise in preparing to take part in the various events will give valuable athletic training.

walk as rapidly as possible. One foot must be on the ground when the other is in the air. The elbows are bent and fists clenched. At the forty yard line there is a tape to be breasted. A contestant who starts ahead of the mark or breaks into a run may be disqualified.

### JUMPING

A special place should be prepared for jumping. The earth should be spaded up, mixed with sand or sawdust, and raked daily to prevent packing. A narrow piece of wood sunk in the ground will serve as a take off, marking the division between the path to the jumping pit and the pit.

For high jumping, two standards and a bamboo pole are used. The standards are placed opposite each other and about six feet apart. The take off is not used in the high jump.

In making a standing broad jump both feet are placed on the take off and the arms are swung upward overhead. As the spring is made the knees are brought forward and the arms flung back forcibly.

### HURDLING

In hurdling, the jump is much like the broad jump. Hurdles should be about ten yards apart and about three feet in height. A set number of steps are taken between hurdles.

### THROWING

Basket Ball throw for distance is a good substitute for the shot put. A circle six feet in diameter is marked out. Heavy lines are drawn in front of the circle. For contestants under fourteen years the lines should be fifteen, twenty and thirty feet from the center of the circle. The contestant stands in the center of the circle and throws toward the lines. The team adding up the largest score wins.

### SHUTTLE RELAY RACE

The contestants are divided into two teams and each team into two sections. Section 1, Team 1, is lined up, single file, facing Section 2, Team 1. There is a space of at least fifty feet between the sections. Sections 1 and 2 of Team 2 are similarly plac-