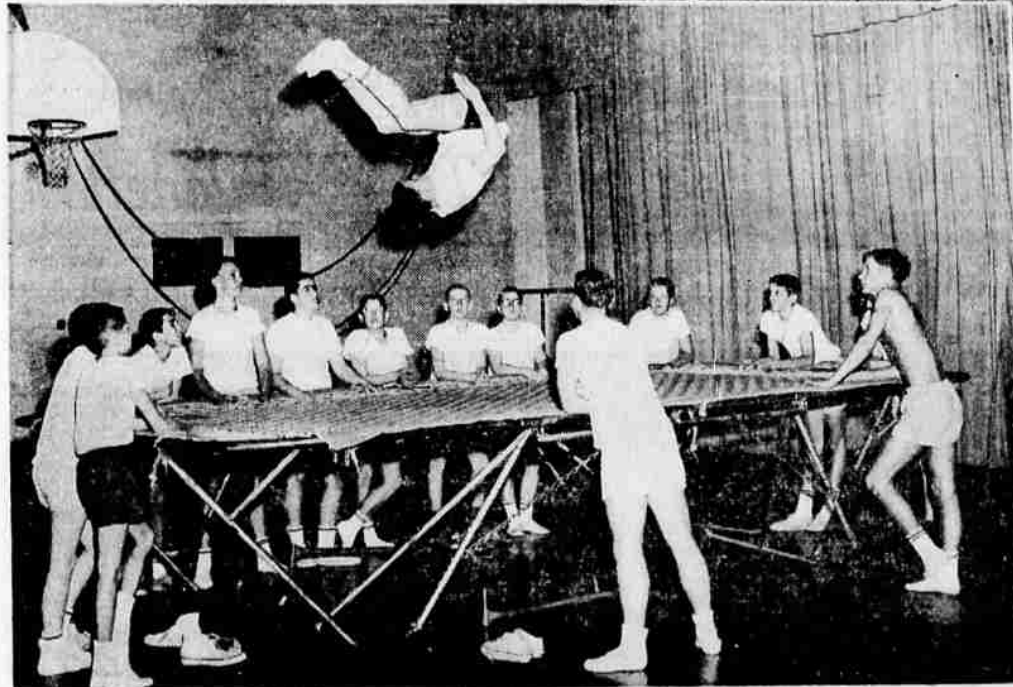




Fifty-mile hikes are the current rage in this country, but they aren't the answer to the nation's physical fitness needs. To teach what physical fitness is, and how it can be achieved, the Medford public school system carries on a three-phase program, using classes in a wide variety of activities, intramural competition and play and sports days. Pictured at left in rope climbing, a gymnasium class activity, is Bob Kagy, Hedrick Junior High school pupil.



Modern dancing, a popular form of physical education for girls, promotes both strength and grace. Pictured here are Chris Semple, Nancy Ashton, Peggy Leaverton, Ruth Hay, Evelyn Potter, Penney Hayes, Liz Musgrove and Judy Fogelquist, one of Mrs. Sandra Weller's classes at McLoughlin Junior High school.



A workout on the trampoline at Hedrick Junior High school provides both fun and exercise for classes of boys. Up in the air is John Tomlin. Junior high boys also play volleyball, take part in "keep it up drill" a ball-tossing activity and other gymnasium work.



Boys at Medford High school earn the right to wear distinctive colored trunks when they can pass certain physical fitness tests. Pictured (at left) working out on the gym bars at Medford High school are (left to right) Steve Davis, sophomore, in grey trunks for the first rating; Tim Watrud, sophomore, red trunks which mean the second rating, and Don Driscoll, a junior, wearing the highest-rated black trunks.

MEDFORD  TRIBUNE

MEDFORD, OREGON, SUNDAY, MARCH 3, 1963

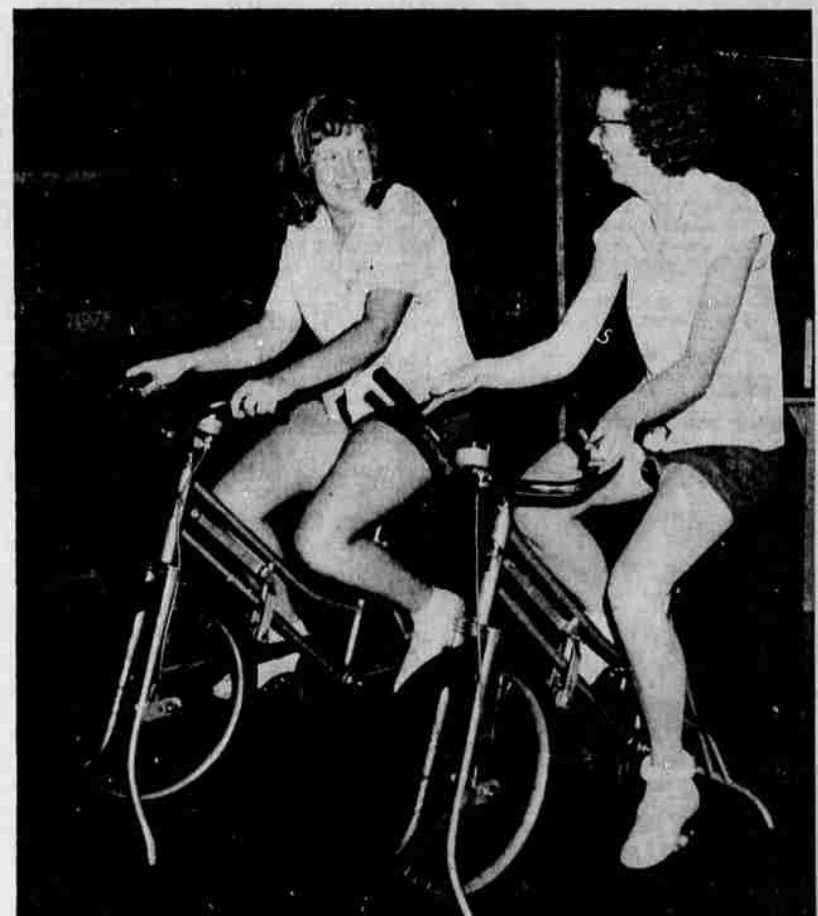
Public Schools Promote Physical Fitness



Basketball is on the program for sophomore girls at Medford High school and shown in the middle of a game are three girls from one of the classes. Students also serve as officials for the class games.



Mass calisthenics, using arm and leg work, push-ups and other body movements are a standard in physical education programs to improve the strength, suppleness, and balance of the body. Physical education classes are required of all physically sound pupils through the tenth grade, and are offered in the eleventh grade as an elective course. (Knackstedt photos)



Work on bicycles is a part of the developmental physical education program for sophomores and pictured here are Sandra Stelle (at left) and Virginia Heard. The athletic programs are geared to the physical abilities of the students and the developmental exercises are less strenuous.