

Physical Education Stresses Fitness Through Fun

Straining with your last ounce of will-power to achieve that 50th sit-up . . . bursting down the gravel path; the sun hot on your back and your eyes focusing on one fixed object in the distance—that finish line. This is the essence of physical education. Its purpose throughout the year has been that of perfect fitness, coordination, and muscle tone.

This year the Sophomores practiced in various activities such as volleyball, tennis, softball, badminton, basketball, and gymnastics. For the really ambitious girl, there was the State Gymnastics meet in which many W.H.S. girls participated on the balance beam, parallel bars, and the horse.



Just bat that 'ol ball. Wendy Jenson, Becky Baldwin, Laurel Welch, Sue Larson, Sandra Jacobson.



Judy Veith pulls the team through.



In tight spots the girls are very efficient.



Miss Byington "Will the real Miss "B" stand up or sit down."