



Cliff Hund puts pinning combination on wrestling opponent.

Physical Fitness Also Stressed At SPFHS

Who could ever forget the frantic searches in the locker room for that "other sock" or the excitement of scoring a winning point? This is the Physical Education Department, providing relaxation for the student, yet at the same time teaching skills in a variety of activities. The importance of teamwork is recognized, yet equal emphasis is placed on individual skills and creativity in such areas as gymnastics and modern dance.

Each year the department finds new ways to try to realize these goals. An important change this year is that Miss Birkins has become the Director of

Health and Physical Education. As well as being a girls' gym teacher, she is now also responsible for the direction of all physical education programs in Scotch Plains. There will be a greater amount of unity throughout the town on all grade levels.

Another change is the broader co-educational program, since, in addition to volleyball and square dancing, a folk dancing unit has been introduced. Through this the students should learn teamwork and cooperation, while becoming better acquainted with each other.



Girls are tested on their knowledge of sports in gym.