

Physical Education An Important Part of Training

A program of physical education for all elementary school children in the Farmington Public Schools was initiated at the beginning of the current school year.

Last September four professionally trained people in physical education were assigned to teach at all elementary grade levels in the ten elementary buildings.

It is our hope that as the program evolves under the direction of local educators that this community might meet the national obligation of providing an adequate, graduated, sound-

ly planned and regularly scheduled program of physical education," John K. Cotton, director of physical education in the school system, said.

"OUR PRESENT day society with its urbanized, sedentary way of life is having its adverse effects upon the physical fitness of our young people, according to leading physical educators and medical men.

"The use of automobiles by our teenagers, and various other machines and mechanical devices (such as power mowers, automatic dishwashers, electric eyes and even automatic card shufflers) developed by our

scientists, and technologists have changed our mode of living but have not changed our basic physical requirements for healthful existence. Organically and physiologically we still have the same needs that can only be satisfied, in part, through muscular activity and exercise," Cotton continued.

"THE CHALLENGE to our national fitness brought about by our present space age conditions has been acted upon by President Eisenhower by establishment of the President's Council on Youth Fitness and the President's Citizens Advisory Committee on Fitness of American Youth."

Physical fitness cannot be attained without physical activity and merely can it be accomplished unless accompanied by planned use of activities, Cotton said.

It was pointed out that an individual's awareness of growth and development and a clear concept of the foundations of physical fitness can best be fostered during early youth.

PHYSICAL education is defined as that phase of education which is concerned with vigorous muscular activities and related responses. A tempering thought is that it is an education through the physical rather

than an education of the physical.

In the teaching of physical education, activities must be promoted that are creative and interesting, Cotton said.

The following objectives were indicated to be desirable outcomes of goals of a physical education program:

1. To present opportunities to children that will develop and maintain ergonomic muscular tone, strength and total fitness;
2. To contribute to their social development through guidance in games and play activities with other children;
3. To assist children in their

development of an appreciation for rhythmic and physical skills in themselves and others which can be used in carry-over activities.

4. To afford children a means of self expression.
5. To offer children opportunities for learning the necessary skills for sports which have carry-over value in adult life as well as to acquire tastes, interests and skills in many other areas suitable for leisure time pursuits.

Specific activities now being employed to carry out the objectives of the local physical education program at the elementary school level were also

outlined by Director Cotton. They are:

1. Self Testing Activities: Stunts and physical fitness including large and vigorous activities to develop general fitness, coordination, and basic physical skills.
2. Rhythms and Dance: Use of basic locomotive movements to sounds and music accompaniment. In lower grounds special emphasis is placed on creative activity and response to sounds.
3. Small Group Games and Squad Activities: This type of activity encourages the perfection of individual physical skills which are used in sports of dance.

4. Large Group Games and Mass Games and Sport Lead-Ups: Activities in this area range from simple games which involve maximum participation by all children to the more complicated team games with rules appreciations.
5. Relay Activities range from simple relays to the more complex type with emphasis being placed on a team or group contribution.
6. Free Play: This is an exploratory period when students may select the type of activity they wish to pursue with a variety of materials and activities for them to choose from.



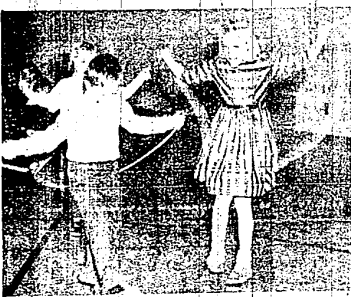
Cage ball, being enjoyed by these youngsters, is a group game of lower organization for primary elementary youngsters.



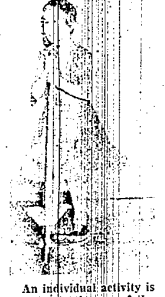
A fundamental skill in soccer is dribbling. Here a group of later elementary students are lined up waiting to take their turn at showing their skills.



Ready for a center kickoff in this game of sideline soccer is a group of later elementary youngsters. This is a lead-up sport activity.



A good exercise and one which many children enjoy is jumping rope. This is in the squad activity grouping.



An individual activity is practice in the use of the pogo-stick.



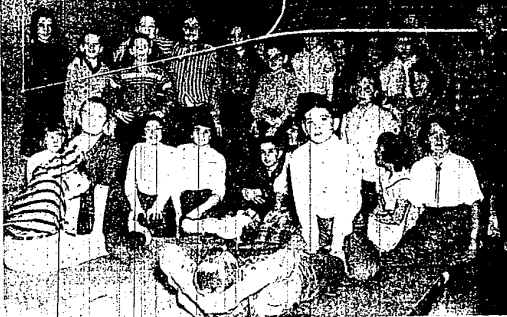
Teaching physical education locally at the elementary grade levels is the direct responsibility of these five school staff members. Seated (l to r) are Miss Elcanor Snyder and Mrs. Evelyn Davidson. Standing (l to r) are Berry McGuire, Director John K. Cotton and Donald Keen.



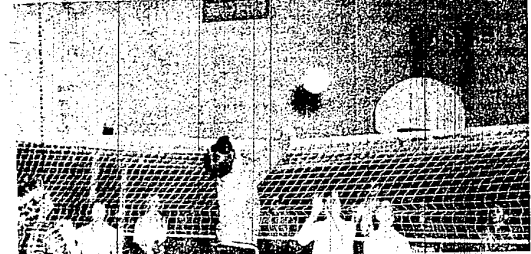
Basic fundamentals of square dancing is part of the group rhythm training given children in physical education classes in the later elementary grades.



Sprints are part of the physical fitness testing given youngsters. A group is shown here practicing starts for various types of testing races they are required to take.



Sit-ups is one of the forms of physical fitness testing done periodically at the later elementary grade levels. Two demonstrate while others look on.



One of the group games that the youngsters really enjoy, especially the boys, is volleyball, another activity in the group game series.



Created activity exploring in locomotive movement is part of the group rhythm work done by youngsters in the primary grades. Here the children are imitating Indians on the warpath.

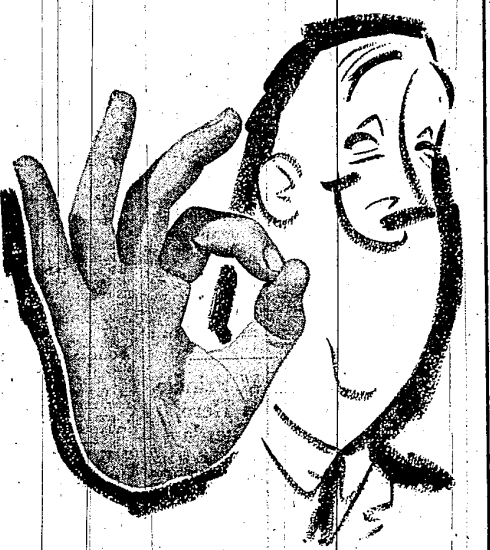


Planks are part of the physical fitness testing program. These two girls are shown using the regulation home-type doorway bar.

Plato Said It Many Yrs. Ago

"For the first years of life education shall be predominantly physical; every school play and sport are to be the entire curriculum and in this decade such health will be stored up as will make all medicine unnecessary."

These words were written by Plato 364 years before the birth of Christ. Here in Farmington, 2322 years later, we find a physical education program for elementary school children on a far more organized scale than Plato probably ever dreamed would be possible, although not nearly as extensive in time consumed.



Probably nothing in the world is perfect. But, what this gentleman is trying to express is his enthusiastic approval of the way THE ENTERPRISE covers all the news happenings of interest in the Farmington area.

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