

Recreational Method of Teaching Skills in
Physical Education.

Problem:

To find a method of teaching skills in Physical Education consistent with the general educational aims and the modern psychological knowledge of the individual and his learning process.

Procedure:

Two equated groups of fourteen students each were used. Group A taught by the traditional additive parts method. Group B taught by the functional pattern or Recreational method. Groups met separately for a period of seven weeks, twice a week. The students knew nothing of the experiment in progress.

Conclusions: and Results:

Group B learned the skills more quickly and better than did the students in group A.

Groups were scored by six members of the University of Kansas Fencing team, as groups and as individuals, from 1 to 5 (poor to excellent).

Group A received a group score of "2" or 'fair'. Group B received a group score of 4 or 'very good'.

64.2% of students in group A ranged between poor to fair.

85.7% of students in A were scored 2 or below.

90% of students in A had score of 4.

Group B

21.4% were between fair-good; 2-3

78.6% were judged good-very good; 3-4... a very significant difference here in the two groups.

Average score for Group A (additive parts) was 1.48

Average score for Group B (Recreational) was 3.29

On the basis of the results obtained we believe that the proposed Recreational method will be of advantage both to the learner and the Instructor when used in teaching skills in Physical Education.

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Physical Whole is a completed neuro-muscular activity, complete with respect to the immediate goal involving first the use of the fundamental ~~groups~~ muscles & working up to the use of the accessory muscle groups.