

OREAD TRAINING SCHOOL

BOYS' PHYSICAL EDUCATION

(Aims, objectives, organization & activities)

The aim of the physical education department in the Oread Training School is to aid in the complete all-around education and development of the individual pupil. The mental, emotional and social aspects of the individuals' growth and development are considered equally as important as his physical progress, by the physical education department. The various activities comprising the program are selected and conducted in a manner to attain these aims.

The specific objectives which the physical education department considers worthwhile for every individual pupil and which may be attained through carefully supervised participation in physical activities are listed herewith: (1) The achievement for each pupil of maximum physical development, coordination, organic power, emotional stability, and mental alertness. (2) The development of skills in a wide variety of activities rather than in a few competitive games. (3) Training in leisure time sports which may be used both in youth and in adulthood. (4) The establishment of health habits and a knowledge of the hygienic principles of living. (5) Correction and improvement of posture. (6) The development of high standards of conduct in social situations, in relationship to fellow pupils and society. (7) The development of leadership ability through the rotation of leadership and the use of organized squads. (8) The provision of enjoyable physical activity and recreation every day for every individual.

The facilities available for physical education at Oread are superior to any other high school, for Oread pupils have the privilege of using the entire physical education and athletic plant of the University of Kansas. These facilities include the swimming pool, basketball court, gymnasium, and the stadium track and all the other outdoor courts and fields.

The program is under the supervision of the University of Kansas physical education staff. Expert instruction is assured, for all the teachers are physical education majors who enrolled in the four-year course in health and physical education. Many of these trained teachers are also varsity athletes and are well qualified to coach the Oread teams. As stated above, however, the chief emphasis in the program of activities at Oread is to provide each individual pupil an opportunity to participate in, and to learn a wide variety of activities. To assure all-around development and the equipment of each individual with a knowledge and skill in many leisure time activities, the course is divided into two parts, elementary and advanced. The freshman student enrolls in the elementary course; he may progress to the advanced course as soon as he masters the material in the elementary division, usually this is during the sophomore or junior year. A thorough physical examination by a medical doctor is given every pupil at the beginning of each year. The results of the examination of each boy are sent, confidentially, to his parents.