

## STATE DEPARTMENT OF EDUCATION

### HEALTH AND PHYSICAL EDUCATION

We are anxious that the schools of this state make as rapid progress as possible in the field of Health and Physical Education in order that the programs and accomplishments of our schools may, at an early date, compare favorably with the programs and accomplishments of the schools of other states. A very important and determining factor in the progress of the schools of our state in this work is the nature and force of our initial efforts. It is very necessary that a few definite things be done from the very beginning. To do a few things well is far better than to do, or attempt to do, a great number of things. For this reason we are urging that the schools of this state do certain definite things this year with the idea that these things will be a permanent part of a broader and richer program which may be gradually developed for the future.

Probably the first and most important part of the Health and Physical Education Program is a clear statement of the aims and objectives. In other words, a clear understanding of what is to be accomplished with a given program is very essential to the proper execution of that program. Some of the more worthy objectives for which each school might strive are listed as follows:

1. To keep the body clean, both inside and outside.
2. To teach the pupils to eat the proper amount of wholesome food and to urge that they get sufficient sleep and rest.
3. To develop the habit of keeping the body erect while sitting, standing or walking.
4. To provide the proper amount and kind of exercise and play.
5. To make the school, home, and neighborhood healthier places in which to live and learn.
6. To reduce the number of accidents in school and elsewhere.
7. To prevent the spread of communicable diseases through some approved and recognized form of immunization.
8. To correct physical defects as far as possible.
9. To provide an activity suitable for each and every child in school.
10. To improve the physical capacities of each individual by developing such qualities as strength, speed, agility, alertness, endurance, skill and accuracy.
11. To utilize the physical activities as an educational factor through the development and improvement of courage, concentration, discipline, self-confidence, self-control, fair play, and sportsmanship.
12. To further develop, through play and other physical activities, such social qualities as kindness, unselfishness, friendliness, truthfulness, justice, honesty, courtesy, thoughtfulness, generosity, tolerance and sociability.

The schools of the state are being asked to do the following definite things this year and it is expected that these things are to be continued from year to year:

1. That wherever possible every child in the elementary as well as the high school be given a thorough examination by a licensed physician or nurse. Where this is impossible, an inspection should be made by the teacher who should report pupils with prominent physical defects, or who have the commonly known symptoms of some communicable disease, to the superintendent who in turn should refer the pupil to a physician.