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PHYSICAL EDUCATION FOR HEALTH

THE PLACE OF PHYSICAL EDUCATION IN THE PUBLIC SCHOOLS

(Mr. John E. Jacobs, Vice Principal of Liberty Memorial High School and Principal of Lawrence Junior High School, and Dr. Forrest C. Allen, Director of Physical Education, University of Kansas.)

Mr. Jacobs The week beginning Monday, November 7, and ending with November 12, has been set aside as a special time to stress the part that education plays in the American life. The theme is, "Education for Tomorrow's America". Tonite we are particularly interested in physical education and related fields, and I shall ask Dr. Forrest C. Allen, head of the Physical Education Department at the University of Kansas, to give his ideas concerning the part that physical education plays in the public school program.

Phog, where should the physical education program in the public schools begin; that is, how far down in the grades should the program extend?

Dr. Allen Well, John, I would start below the grades. I would start in the kindergarten. You know, Froebel had a pretty good program - that of "education through play". All kindergarten teachers are pretty serious about that, you know.

Mr. Jacobs You feel, do you, that both physical education and health examinations should begin that low in the grades?

Dr. Allen Yes, even before the kindergarten. In the pre-kindergarten and nursery schools the children should have health and physical examinations by the school physician.

Mr. Jacobs What are some of the values of the pre-school examination?

Dr. Allen Well, for one thing it stimulates the mother into doing even a better job because she has the assistance of the school physician as well as her own physician to guide her.

Mr. Jacobs What type of play and exercise would you suggest for young children, say in the primary department of the public school?