

DEC 02 1993

**A GUIDE IN PHYSICAL EDUCATION FOR
the
ELEMENTARY SCHOOLS GRADES FOUR THROUGH SIX**

**AN ABSTRACT OF
A THESIS
PRESENTED TO THE GRADUATE FACULTY
OF DANBURY STATE COLLEGE**

**IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE DEGREE
MASTER OF SCIENCE**

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August 1965**

This paper was compiled with the basic idea that physical education is an integral part of, and not merely a supplement to the school curriculum. The guide should be helpful to the classroom teacher, students of physical education, and generally, elementary school teachers.

The paper has been divided into three basic sections. The first part deals with the organizational and administrative principles and techniques used in conducting a program of physical education in the elementary grades, four through six. Main points of emphasis are given to the characteristics and needs of children as they relate to physical education. The philosophy of physical education is also discussed.

Chapter IV describes some of the basic types of activities found in a sound physical education program. Included in these are: tag and ball games, team sports, stunts, tumbling, individual and couple activities, dances and exercises. They are described as completely as necessary so as to be of value to the classroom teacher conducting the activity. Teaching suggestions are also included. The activities should be included in the program when they satisfactorily answer the following questions:

Do they contribute to the over-all development and growth of the child?

Do they meet the basic needs of the children?

Do they give each child a chance for maximum participation and a clear-cut opportunity to learn?

Do these activities appeal to the children?

Does the guide explain in clear enough detail so that the novice teacher is able to do an adequate teaching job by using the guide as a manual?

Chapter V shows how activities can be presented that will integrate physical education with classroom units in social studies, language, arts, arithmetic and the other general classroom subjects.