

the fundamentals of the activities and to develop skills. This is the fourth trend of the physical education program in the Fort Wayne Public Schools. Similar to the other subjects in the curriculum, it must be progressive and educationally sound in meeting the needs of the boys and girls not only physically but mentally, morally and socially.

Fort Wayne's program is unique in that it offers a variety of activities that are graded to the age and intellectual levels of the boys and girls. The program as developed emphasizes seven phases. (1) physical fitness, posture and corrective; (2) rhythmic; (3) mimetics and game skills; (4) mass games, contests and relays; (5) gymnastics; (6) team games and intramurals (7) physical testing for power, strength flexibility, agility, endurance and balance.

Physical education is not only the learning of skills, playing basketball better, or kicking a football but the establishment of a scientific and educational foundation that will give boys and girls bodies that can be used easily, joyfully, cleverly in any activity they may choose.

The teaching of health education is required by laws passed in 1913 and 1933 by the State Governing Bodies. It required the teaching of the anatomy, physiology and hygiene of the human system; the effects of alcohol, narcotics, and nicotine; disease and nutrition. Also the teaching of safety education for one semester is a requirement of the State Board of Education.

To meet these requirements health education has passed thru many systems of instruction. The early attempts were to give complete knowledge of the human system by teaching physiology. The need of an understanding of the effects of environment developed the teaching of Hygiene. In both cases the success or failure of the teaching was the boys or girls ability to pass standardized tests. The latest and by far the most positive approach is the study of the child's environment as it affects his social, moral, mental and physical well being. Health and Safety education are largely subjective concerns. The teaching of these two subjects must if to be effective, not only meet the needs of boys and girls but bring about an appreciation of well being. The source material used is State Adopted and is aimed at achieving these objectives. Our instruction in the Fort Wayne Schools is graded to the boys and girls so that they might secure enduring benefits from the instruction they receive. Not only do we want to inform them in the basic health and safety practices but also motivate their use. The role of parent cooperation is essential in the success of these programs. A healthy attitude means a healthy child.