

TEACHER TRAINING IN PHYSICAL AND HEALTH EDUCATION IN VIRGINIA

SEVERAL colleges in the State are now offering degree courses majoring in physical education. The type of work being offered is on a par with that offered in any other college or special training school.

Possibly our greatest present problem is to prepare classroom teachers to adequately conduct the physical and health education program when they take up their duties in the field. The West law, passed in 1920, requires all teachers to have had teacher training work in school and community health as well as in physical education. An outline for the two courses is distributed by the State Department of Education in order that the State syllabus may be interpreted and followed with some degree of unity.

To give a clearer understanding of the type of preparation required of a public school teacher for the physical and health education program, I have outlined the major duties which a classroom teacher is called upon to carry out:

Annual Physical Inspection. With the opening of school in the fall the program begins with the annual physical inspection by the teacher. At this time the individual pupil record cards are filled out, and a summary of the findings is reported to the division superintendent. The parents are notified of the remediable defects on forms supplied to the teacher for this purpose. At the close of the school year a summary of all defects corrected is sent to the division superintendent, who in turn reports to the State Department of Education.

Daily Inspection. The daily inspection carried out by each teacher consists of inspection for communicable disease and

promoting a personal health habit consciousness.

Physical Education. The physical activities program as outlined in the State Course of Study is carried out as a regular part of the daily program.

Health Education. Health education is recognized as the teachers' program and is presented through hygiene, physical education, and correlation with other subjects in the curriculum. The correctional program and follow-up of the annual physical inspection are being stimulated greatly by the Five-Point program, and the attainment of this minimum standard of physical fitness is recognized by means of a State certificate.

Special help which the teachers in Virginia may expect in carrying out their program in physical and health education is given by city directors, county directors, and district supervisors.

The State Division of Physical and Health Education is concentrating on four major objectives, as follows:

1. *Time Allotment:* That the minimum requirements be fulfilled and placed in the regular daily schedule. Elementary grades—20 minutes daily, two 10-minute periods, exclusive of recess, for first three grades; one 20-minute period, exclusive of recess, for fourth to seventh grades inclusive. High schools—25 minutes daily, or three 30-minute periods per week.

2. *Utilization of Period:* That the State Course of Study, including supplementary material furnished by the State Department of Education, be followed closely. That not more than one-third of the period in either high school or elementary grades be devoted to formal activities, the remaining two-thirds to be devoted to informal activities. That intramural competitive activities (groups within the school) be conducted in all the grades from the fourth on through the high school. The work should

be so organized that there will be no lost motion during the period.

3. *Sanitation*: That good school house-keeping be practiced. That toilets be kept reasonably clean, the contents be protected from flies, and that daily inspection of the toilets be made by a faculty member. That water supply be made safe, and that common drinking cups be not used.

4. *Health Education*: That annual physical inspection be completed and a report sent to the Division Superintendent by October 30th for full term schools, and within two weeks after opening of short term schools. That individual record cards be properly filled out and kept on file. That emphasis be placed on the correctional program.

Daily inspection health record sheets and Who's Who charts are furnished by the State Department of Education.

That there be a demonstration of the year's activities on Health Day. That a Five-point State Certificate be awarded each child meeting this standard of physical fitness. That the term report on correction of physical defects be turned in with other final reports.

That our goal be: over 50% increase in number of Five-pointers over last year.

ELIOT V. GRAVES.

CAMPCRAFT FOR HIGH SCHOOLS

CAMPING and woodcraft are open and unexplored fields as a part of the physical education program in Virginia schools. We owe their growth and spread to the Scout and Camp Fire organizations, and to the work of summer camps. The experience and knowledge in their many associated activities, once passed along by word of mouth, are rapidly being incorporated into books in which the material is organized under separate headings convenient for our use. In view of the prevalence

of county and small town high schools in this state, the opportunity for incorporating woodcraft and camping into the physical education program seems to have peculiar advantages. We hear a great deal about education for leisure and out-of-school hours, as an objective in physical education. It is here that camping and woodcraft make their strongest claim. Again, we see a tendency on the part of American automobile owners to go to the country for picnics and motor camping and to take part in a variety of entertainments that involve eating out-of-doors. Here a little education of the younger generation in the methods of doing these things efficiently will prevent ruining beautiful picnicking spots by tin cans and cracker boxes, starting dangerous forest fires by careless would-be campers, and that feeling of disgust at trying to cook outdoors with smoke pouring in your well-heated face and at eating half-raw or burned food.

Woodcraft and camping are names that strike an enthusiastic response in practically every girl and boy. While receiving high practical and educational experiences, the pupil enters into it with the eagerness and energy of a new adventure. It is doing and living as well as learning new skills. For convenience in school organization the program may be divided into the following heads:

I. Nature Study

- A. Wild flowers
- B. Trees
- C. Ferns
- D. Birds
- E. Stars

II. Hiking

- A. Foot gear and clothing
- B. Fence climbing, mountain climbing
- C. Trail making
- D. Path finding
- E. Rests and drinking water.
- F. Prevention and treatment of blisters