



Supervision of an Elementary School Wrestling Program

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Safety Concerns

The focus of this article is not on the specific requirements of set-up, equipment, and supervision of an elementary school age wrestling program. Rather, it will establish a philosophical frame work upon which wrestling and combatives can again

become a safe and valuable activity in physical education classes and in a club setting.

An Oft-Repeated Scenario

A school PE department decides to include a couple of quick combatives class-

es in PE to fill a gap in between other more important units like pillow polo or belly baseball. The kids want to "scrap" right away, so a teacher teaches a few crude moves learned years earlier, plays a game of British bulldog or two, and then lets them go at it. Inevitably, someone falls on an arm or wrist and breaks it, or in the