England brought us a lot of sport and games. Also, many were from Sweden and Germany. John Dewey was the lead educator in U.S. There was a change during war from sport to conditioning/physical fitness. There was also philosophical influence. Children have always played. In the Early 1800’s Swedish and German Gymnastics was popular. It started after 1860 at Amerherst College. They wanted people to be healthy so he hired M.D. to get the students physically fit. The big movements occurred with the Civil War, Industrial Revolution, and the Rural to Urban Movement.

Sport and Games started in the later 1880’s and 1890’s. The first sporting event was rowing in 1852. 1859 was the first baseball game. 1869 was first football game. In 1910-1917 there was a movement away from gymnastics. This was mostly because of John Dewey and the Social Movement. In 1891 basketball started with Naismith.

In the beginning the captains of the team coached the game. Then there was the hiring of coaches but the players did it. They scheduled by agreeing to play different colleges. In 1906 the NCAA was formed. This meant that football and other rules for sports were regulated. The first players didn’t even have to be enrolled in college. 1917 WWI slowed down sports. 1920’s were the Golden Area of Sports. Ex: Babe Ruth and the Four Horsemen from Notre Dame. Red Grange made the NFL. He was #77 and was at the University of Illinois. At that time football games would be played 4 to 5 times per week.

Women were always heavily involved but then after WWII it was killed. Women had “Play Days.” The Tokyo Olympics in 1964 changed the way women could compete. In 1965 there was an article in the news saying that European students were healthier and physically fit. Out of this we got AAPHERD Physical Fitness Test.

In the 1930’s there was the Depression. WPA works Progress Administration, work force to build playgrounds and gymnasiums. After WWII sports exploded, interscholastic sports were started.