

The Rationale for Wrestling at the Elementary School Level

By Tyree McCrackin

Anyone who has spent time observing children knows that the spontaneous eruption of wrestling on the playground occurs all over the world. Mammalian infants from dogs to higher primates all engage in playfighting behavior as an important part of social, physical, and mental development. In the latter part of the twentieth century rough play was demonised in western societies. Young boys and girls who try to do what is most natural on the playground or in the field find themselves chastised and disciplined for their