

APPENDIX BSAMPLE PROGRAM FIRST WEEK

<u>DAY</u>	<u>TIME ALLOTMENT</u>	<u>ACTIVITY</u>
FIRST DAY	20 Minutes	Calisthenics (Learn and execute first 4 Exercises)
	15 Minutes	Guerrilla Exercises
	10 Minutes	Grass Drills
	15 Minutes	Combatives
	30 Minutes	Team Sports
SECOND DAY	20 Minutes	Calisthenics (Review and warm up first 4 Exercises)
		Learn and execute Exercises 5, 6, 7, 8,)
	10 Minutes	Guerrilla Exercises
	15 Minutes	Combatives
	45 Minutes	Aquatics - classify individuals according to swimming ability.
THIRD DAY	90 Minutes	Physical Efficiency Tests Followed by Distance Run and Walk. Tests one, two and three should be given at this time. Tests four, five, six and seven should be given at the next meeting of the class.

NOTE 1: The above is not intended as a required schedule but merely as a pattern. Adjustments will be necessary to make efficient use of facilities and of teaching personnel. However, with respect to physical efficiency tests absolute uniformity is desired.

NOTE 2: Additional time, making up the allotted two hours, may be utilized for bathing, dressing, etc.