

- H. Recognizing the value of team work and of competition in teaching men to think quickly and act vigorously in the face of strong opposition, and as a means of inculcating a "will to win", it is recommended that, in addition to the prescribed work in physical training which shall, itself, be made competitive as is practicable, intramural contests in competitive team sports be strongly encouraged. It is anticipated that as early in the course as competitive groups can be organized, much of the Saturday afternoon free time could be devoted to such contests.

APPENDIX A

<u>ACTIVITY</u>	<u>REFERENCE</u>
1. DISCIPLINARY EXERCISES	PAR. 14, 16 and 17
a. Commands	F. M. 21-20
b. Marching and exercises while marching	F. M. 21-20
2. CALISTHENICS	T. C. #87
3. GUERRILLA EXERCISES	T. C. #87
4. GRASS DRILLS	T. C. #87
5. RUNNING ACTIVITIES	T. C. #87
A. Zig Zag Run	Par. 31, F. M. 21-20
b. Running, Jumping and Climbing	Par. 32, 33, F. M. 21-20
c. Obstacle Course	Par. 32, 33, F. M. 21-20
d. Relays and Sprints	T. C. #87
6. COMBATIVES	T. C. #87
a. Combatives	Par. 76, 34, 35
b. Contests Personal	F. M. 21-20
7. SPORTS AND GAMES	
A. Games	Par. 80, 36, 38, 77, and 81
	F. M. 21-20
b. Group Games	T. C. #87
c. Sports and Games	T. M. 21-220
8. Aquatics	
a. Swimming	F. M. 21-20 Chap 5
b. Life Saving and Water Safety	F. M. 21-20 Chap 5
9. TESTS	
A. Physical Efficiency	To be supplied