

NAVY (V.-12) UNIT  
UNIVERSITY OF KANSAS  
LAWRENCE, KANSAS

15 March 1945

From: Athletic Officer  
To: All Instructors  
Subj: Physical Training Classes

The following weekly schedule is recommended for all physical training classes:

1. Monday, Wednesday and Friday classes:
  - (a) When weather permits:
    1. Outside calisthenics
    2. Outside Obstacle course
    3. Outside running (relays, etc.)
  - (b) During wet weather:
    1. Inside Calisthenics
    2. Inside Obstacle course (apparatus room) parallel bars, climbing ropes, overhead ladders, etc.
    3. Tumbling
2. Tuesday and Thursday classes
  - (a) Outside when weather permits:
    1. Calisthenics
    2. Games - softball, soccer, touch football, handball, badminton.
  - (b) During wet weather
    1. Games - Volleyball, basketball, badminton, handball, boxing or bag punching.
3. All classes except swimming are to be preceded with six to eight minutes strenuous calisthenics.
4. Closer supervision is emphasized.

G.W. GATHINGS