

Soccer Type: advancement, circle soccer, corner kick ball, field ball, kick ball, punt back, rotation soccer, simplified soccer, soccer dodge ball, and soccer keep away.

Volleyball Type: bound ball, feather ball, net ball, school room volleyball, and sponge ball.

2. Rhythmical Activities (including social games).....20%
Broom dance, Dutch couple dance, Pop goes the Weasel, Bleking, Virginia Reel, Sellengers Round, Ace of Diamonds, Gustaf's Skoal, Seven Jumps, Norwegian Mountain March, Lottie is Dead, etc.
3. Hunting Games.....15%
Bears and cattle, circle chase, gathering sticks, two and three deep, catch of fish, last man, pom pom pullaway, all stand club snatch, cross tag, dare base, duck on a rock, prisoner's base, etc.
4. Individual Athletic Events (self testing).....10%
Batting for accuracy, base running, baseball throw for accuracy, basketball pass for accuracy--for goal--for distance, pull up, push up, broad jump, high jump, soccer kick for goal--for distance, etc.
5. Mimetics and Free Exercises.....10%
Sports imitations, such as archery, rope jumping, skating broad jump, high jump, batting, baseball throw, basketball throw, etc.
6. Relays.....10%
Arch ball relay, hopping relay, stunt relays, all-up Indian club relay, over and under relay, shuttle relay, stride ball relay, skin the snake relay, etc.
7. Tumbling Stunts.....10%
Head stand, forward roll, backward roll, cartwheel, heel click, wooden man, jump the stick, Indian wrestle, Eskimo roll, front foot flip, knee and toe wrestle, hand wrestle, knee spring, elephant walk, triple roll, etc.

Total 100%

(NOTE: Descriptions of the above typical activities can be found in most game books and elementary school manuals.)

The time allotments in percentages are approximate, to suggest relative importance. The selection of activities as in the primary level should be adapted closely to the center of interest or culture

area being studied at the time in a given grade. It is suggested that the self-testing athletic events be practiced as an integral part of the corresponding game of low organization and that many of the relays be composed of elements of the same game. Tumbling stunts should be kept very simple, and rhythmical activities should include good variety.

TABLE IV
PROGRAMS FOR THE JUNIOR HIGH SCHOOL (GRADES 7-9)

I. Core Program	Weeks for Boys	Weeks for Girls	II. *ELECTIVE PROGRAM	(Boys--30 weeks) (Girls--36 weeks)
1. Basketball (elementary)	6		1. Badminton	9. Riding
2. Basketball (9 court).....		6	2. Boxing	10. Skating
3. Gym. drills, marching and apparatus (elementary)...	12	12	3. Boating	11. Skiing
4. Rhythms (elementary).....	12	18	4. Golf	12. Snow shoeing
5. Softball (playground) (elem.).....	6	6	5. Handball	13. Social games and dances
6. Soccer or Speedball (elem.)	6	6	6. Hiking and camping	14. Tennis
7. Swimming and Diving (elem.)	12	12	7. Horseshoes	15. Wrestling
8. Touch football (elem.)....	6		8. Paddle Tennis	16. Restricted or Corrective Activites for subnormal cases
9. Track and Field (elem.)...	6			
10. Tumbling and pyramids (elem.).....	6	6		
11. Volleyball (elementary)...	6	6		
	78	72		
Electives.....	30	36		
	108	108 Weeks		

*(Elective program to be selected according to available facilities, devoting from 3-6 weeks to each activity.)