

The time allotments are approximate in terms of relative values, and are subject to minor adjustment. They are listed in terms of weeks. A given motivity can be concentrated in one year with a specific number of weeks or it may be split between two of the three years or distributed equally between the three years according to preference of a given school. If desired it is possible to schedule the activities to fit seasonal sports. It is suggested that relays, gymnastic or group games, and athletic games of low organization are classified in Table III.

It is understood that this schedule is for class instruction purposes, to be supplemented by an opportunity for extensive intramural participation by all students. Where this extra laboratory period is not available, the last third or fourth of the regular class period should be devoted to enthusiastic participation in the activity or game being studied. In any case, sufficient participation should be given in the class period to assure adequate motivation and appreciation of the game as a unified whole.

TABLE V
PROGRAM FOR THE SENIOR HIGH SCHOOL (GRADES 10-12)

I. Core Program	Weeks		II.*ELECTIVE PROGRAM	(Boys--36 weeks) (Girls--36 weeks)
	for Boys	for Girls		
1. Basketball (advanced).	6	6	1. Archery	13. Horseshoes
2. Gym. drills, marching and apparatus (advanced)..	6	6	2. Badminton	14. Riding
3. Field Hockey.....	--	6	3. Boating	15. Skating
4. Rhythms (advanced)....	12	18	4. Bowling	16. Skiing
5. Soccer or Speedball (advanced).....	6	6	5. Boxing	17. Snowshoeing
6. Softball (playground) (advanced).....	6	6	6. Camping	18. Social Dancing
7. Swimming, Diving and Life Saving (advanced)	12	12	7. Fencing	19. Social Games
8. Touch football (adv.).	6	--	8. Golf	20. Squash
9. Track and Field(adv.).	6	--	9. Fly casting	21. Table Tennis
10. Tumbling and Pyramids (advanced).....	6	6	10. Handball	22. Tennis
11. Volleyball (advanced).	6	6	11. Hard base-ball	23. Water Polo
Electives.....	36	36	12. Hiking	24. Wrestling
	72	72	* (Elective program to be selected according to available facilities, devoting from 3-6 weeks to each activity.)	
	108	108		

Most of the comments at the bottom of Table IV apply equally to this table. The program is divided between core and elective divisions, each school to select those from the two divisions for which it has adequate facilities. It is recommended that each activity be given for a least six weeks continuously, at this level. This would mean that the class instruction in a given activity such as basketball would appear in only one of the three years of the senior high. A student should have opportunity, however, for additional participation in the intramural program or the interschool team program.

It is recommended that the elective program, consisting primarily of the individ-

ual carry-over type of activities, constitute at least a third of the total program for the three years. If desired, this aspect of the work might be made in the form of a varied offering of electives in the twelfth grade, from which the student himself might select. If this were done the program for the tenth and eleventh grades should be composed of the items in the No. I or Core Program list. If this arrangement is not acceptable or desirable, the activities in the elective program No. II, can be distributed in the schedule alternating with activities from No. I, devoting from 3 to 6 weeks for each one selected.

SUMMARY

In brief review of the proposed program it will be noted that in the primary and elementary levels the student is given a broad exposure to a variety of activities in a balanced program of rhythms, gymnastic and group games, stunts, and athletic games of low organization leading up to the more highly organized games.