

Naval Aviation
Cadets
Lt. Douglas

-Summer Physical Ed. Program-
CAA - WTS School--Lawrence, Kansas-----

Schedule Outline

1943

Week of:	June 14th---Speedball	July 24th---Speedball
	June 21st---Gym and Tumbling	July 31st---Gym and Tumbling
	June 28th---)Swimming	August 8th---)Swimming
	July 3rd---)	August 15th--)
	July 10th---Wrestling	August 22nd--Wrestling
	July 17th---Basketball	August 29th--Basketball

- A.-Class meets 0700 to 0830 for cadets who have ground school in the morning. 1700 to 1930 for those who have ground school in the afternoon. 60 cadets in each class--
- B.-Classes meet daily except Saturday, when the above periods will be used for military drill.
- C.-Cadets may have 15 minutes at the start and 10 minutes at the end of each period for dressing and showers--
- D.-The 1st 15 minutes of the class period will be used for calisthenics or mass exercise.
The next 20 minutes will be used for instruction in fundamental skills of each sport.
The remainder of the period will be used for competition.
- E.-There will be progression from the elementary to the more advanced skills in the sport during the second week of such sport.
- F.-When the weather causes a program change from outdoor to indoor activity time will be spent on upper arm development.
Rope climbing--setups--push ups--ladder--chinning--
- G.-Sub swimming classes will meet daily and these men will remain in this sport until they can approach the "B" testing level.