

## CHAPTER V

### Activities for Girls

#### Introduction

Physical fitness is as important for girls and women as for boys and men. Boys must be made ready to serve with the armed forces. Girls must be prepared to carry on work which is directly related to the winning of the war, even though not on the fighting front.

Many women are now at work in defense industry and farming and this number will materially increase in the future. Many are serving as nurses, medical social workers, and recreation leaders with the American Red Cross, with the USO, and other organizations. The recently organized service units, the WAACS and the WAVES have enlisted others. Many are busy on the home front. The care of children, the management of homes, civilian defense, and other types of volunteer service, are among women's responsibilities.

High School girls must be ready to assume the responsibilities which the times place upon them. The educational program for girls must be changed to prepare them to meet these responsibilities just as the program for boys is being changed to meet their needs. Since the needs of girls are so different from the needs of boys, it follows naturally that the programs must be different.

The program here offered is a guide to teachers of physical education whose responsibility it is to carry on activities which contribute to the physical fitness of girls. The program recommends vigorous participation. It stresses activities which develop endurance, stamina, and skill.

The development of skill brings with it a sense of achievement. Achievement builds morale. The program for girls must give opportunity to achieve, to succeed to increase morale. Large numbers of boys and men are leaving their homes and communities for military service. The responsibility for maintaining morale both in the home and in the community is, therefore, placed upon the shoulders of the girls and women of America. Education must prepare them to face this task.

#### GUIDING STANDARDS FOR THE GIRLS' PROGRAM

1. All normal girls should participate in the program here outlined in preparation for war service.
2. Women should teach the girls' program.
3. Restrictions upon participation during the menstrual period should be determined by individual differences with conservatism the guide in the absence of final evidence. 1/ Girls suffering from infections, including minor respiratory