

## CHAPTER I

### A Physical Fitness Program for Every School

#### The Program

This bulletin presents a wartime program of physical education that is planned to contribute to the physical fitness of high school pupils as a part of the total war effort. The content of the program, the selection of pupils for participation, and the methods of fitting the program into the total curriculum program of a school are explained. The program emphasizes instruction and practice in aquatics, gymnastics, combatives, sports and games, and other vigorous activities adapted to intensity and duration to the individual needs of pupils are emphasized. The choice of activities and methods of presentation are made in the light of the needs of youth at the present time and the recommendations of representatives of the Army and Navy.

It is recognized that programs of health service, health instruction, healthful school living, physical education, and recreation, all have an important influence on physical fitness. The content of this bulletin, however, is directed definitely toward the conditioning of high school pupils for service in the armed forces and industry and agriculture.

In general, the activity program should provide at least one regular school period daily of instruction in physical education for all pupils. The instructional period should be supplemented by an elaborate participation program including intramural and interscholastic athletics, and other vigorous activities. It is recommended that all normal pupils, after an adequate period of training, should participate in competitive athletics, mass athletics, road work, hikes, week-end journeys, camping, hard physical work such as plowing, cutting wood, or digging dirt, and similar events for at least ten hours each week in addition to the physical education period that is included in the school schedule.

Camping provides one of the most desirable forms of activity outside the regular daily school schedule. Camping experience contributes to physical fitness and provides training in many skills and activities that are of direct military value. The recent statements of Army officers corroborate the observations of the Civilian Conservation Corps and other leaders of youth during the past decade that most American youth do not have the ability to live comfortably and safely in the open country. It is true, for example, that large numbers of boys do not know how to hold and use an ax, build and use a fire-out-of-doors, arrange a comfortable sleeping place in the woods, and avoid the hazards and discomforts of insect, reptile, and plant poisoning. It is recommended, therefore, that such attention and emphasis be given to providing extensive camp experience on week-ends, during holidays and vacations, for all boys, and if possible for all girls. Many educators have stated that school systems should provide camps for all high school boys during two months each summer in which training would be provided in woodcraft, camp craft, swimming, sports, gliding, and ground training in aviation. This larger program may not be practicable now but every school can provide shorter periods of camping experience.

#### Purpose

The purpose of the program outlined in this manual is to make secondary school pupils physically fit to carry their responsibilities as members of the armed forces when they are inducted into service, and as efficient and effective workers in the war effort. This includes the development of: