

1. Strength, endurance, stamina, and bodily coordination.
2. Physical skills that will be of direct value and use in the armed forces and war work.

### Initiating the Program

In fitting the physical fitness program into the total program of a school it is necessary that there be provided the minimum essentials of (1) adequate time in the daily schedule, (2) a competent teacher, (3) a place for conducting the classes, and (4) at least a minimum amount of supplies and equipment.

The initiation of the program on a nation-wide basis will demand an expenditure of time, effort and money. It promises, however, reasonable certainty of attaining the objective of maximum physical fitness for the participants. Basically it calls for but two changes in the usual high school program. The first is an increase in teaching time allotted to instruction in physical education, and the second change is an increase in the intensity of the exercises.

### Adaptation of Program for Small Communities.

A proposed program is flexible enough to permit schools of all types, including large and small urban and rural schools, to make such adaptations as will enable them to undertake it. Many of the activities can be conducted without apparatus or equipment, but the greater values should be expected where at least a minimum amount of supplies and equipment are provided, and adequate buildings and playing fields are available. In cases of necessity, there are many activities that can be practiced during inclement weather in school buildings that do not have gymnasiums. The maximum use and adaptation should be made of corridors, classrooms, basements, auditoriums, stages in auditoriums, and paved outdoor courts in poorly equipped schools. Some of the activities that can be used under unfavorable conditions are calisthenics, gymnastic stunts, chinning, and the hanging half lever on removable bars in doorways or on bars attached to brackets on the walls of corridors; the push-up; the sit-up; climbing ropes suspended in corridors, auditoriums, or stages; the leg-lift; the forward-bend; jump and reach; standing broad jump on mats or other soft surfaces; potato races in corridors, auditoriums, or basements; grip and chest exercises that can be practiced with low-cost spring or elastic equipment; and bar vault in corridors, auditoriums, stages, or basements, where a safe bar and mats may be provided.

There are many days during the cold winter months on which warmly clothed children can participate in vigorous activities out-of-doors. This is particularly true in situations where there are paved surfaces that can be kept free of snow, ice, mud and water. It is recommended, therefore, that paved courts be provided where they seem to be needed and that a maximum use be made of the outdoors for physical education activities.

There are probably many communities in which existing facilities and personnel can be used to supplement the school facilities and personnel in carrying out the instructional and participation phases of the physical education program. Consideration should be given to the possibility of cooperation between schools, YMCA's, Athletic clubs, recreation department, granges and other community agencies in planning and executing the school program of physical fitness.