

CHAPTER IV

Activities for BoysIntroduction

The activities for boys that are recommended in this chapter have been selected in terms of the previously stated objectives which are to develop (1) strength, endurance, stamina and bodily coordination, and (2) physical skills that will be of direct value and use in the armed forces and war work.

The traditional objectives of physical education are usually classified under the headings of (1) developmental, (2) recreational, and (3) educational. The material included in this chapter is directed definitely toward the accomplishment of the first objective. It seeks to develop strong and rugged boys who can become excellent soldiers or sailors promptly after entering the armed services, or efficient workers if they are rejected by the Army and Navy. The recreational and educational objectives of physical education are important and should be stressed in a school program during times of peace. The urgency of the present situation makes it wise, however, to emphasize the developmental aspects of physical education.

In connection with the wartime program of physical education for boys the following items are emphasized:

1. Five periods each week of instruction in physical education activities for all high school pupils.
2. The continuous observation of all pupils by the teacher and a more complete inspection by a physician of all children who appear to deviate from the normal.
3. Increased emphasis on interscholastic and intramural athletics, road work, hard physical labor and camping.
4. The use of vigorous and rugged activities instead of many of the recreational sports that have been used.

The activities are grouped under four headings. These are: (1) Aquatics; (2) gymnastics; (3) combative activities; (4) sports and games.

Interscholastic Athletics

It is recommended that the program of interscholastic athletics be expanded to meet wartime demands. Probably never before has there been so great a need to develop in boys the spirit of competition and the will to win. Interscholastic athletics provide unusual opportunities to develop these characteristics. It is suggested therefore that the necessary modifications be made in the interscholastic athletic programs to permit many more pupils to participate.

Some practices which have been adopted by schools to increase participation and to meet the restrictions now placed upon transportation are:

1. The number of teams representing a school in a given sport has been increased. Instead of one team competing, arrangements are being made so that four or more may compete.