

11. The armed forces prefer health and physical education programs to programs of military training in high schools.
12. In high schools, instruction and practice in aquatics, gymnastics, combatives and sports and games should be emphasized.
13. The objectives in aquatics are to stay afloat, to swim under water and to swim long distances while fully clothed.
14. Under gymnastics the activities to be included are: marching, running, road work, cross country obstacle races, relays, conditioning exercises, grass drills, response drills, ranger exercises, apparatus activities and tumbling.
15. The combative activities include hand to hand fighting, boxing and wrestling.
16. The sports and games include group games, track and field, skating, rope skipping, hiking, camping, basketball, field hockey, football, soccer, speedball and volleyball.
17. Physical fitness is as important for girls and women as for boys and men.
18. The activities for girls must be selected and adapted to their needs.
19. The attainment of specific standards is a part of the total program.
20. Pupils should make the effort to meet certain standards in tests that measure the efficiency of the arm and shoulder, girdle muscles, the muscles of the abdomen, back and legs.

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