

Room 200 ~~Suggested program~~  
R 9  
(three weeks)

1. Running

- a. wind sprints
- b. stops-starts
- c. zigzag run
- d. run with knees high
- e. reverse directions
- f. sprints may be used at the end of the class period

2. Conditioning exercises

- a. exercises suggested by the Physical Fitness Institute
- b. other calisthenic exercises  
(these exercises should be given at a brisk tempo over a period of 8-10 minutes preferably at the beginning of the class period or at the end of the running period)

3. Combatives

- a. combatives aim to develop aggressiveness, initiative and resourcefulness.
- b. these activities are of a rough and strenuous nature
- c. they develop ability to react instantly with a maximum of energy to overcome an opponent.
- d. see the list of combatives which were set up last semester.

4. Basketball

- a. basketball offers opportunity for the development of a high degree of skill, team cooperation and sportsmanship
- b. will stimulate vigorous mental and physical activity.
- c. strenuous team play is desirable
- d. keep everyone active, teams that are not participating should not loaf on the sideline, give them combatives or the like at one end of the gym.