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A Suggested Program of Activities Based Upon an
Estimated Male Enrollment of 1600 Students
in Compulsory Physical Education.

I. A Year's Program of Activities

Since the main purpose or objective of the compulsory program is toughening and conditioning men, only vigorous activities involving increased respiration, circulation and perspiration are to be used. The first ten minutes of each period will be devoted to calisthenics, running and general conditioning and body building work.

The large numbers involved necessarily limit the number and type of activities that may be used in the program. Below are listed activities for the various seasons of the year in addition to the ten minutes conditioning work with which each period will be started:

<u>Outdoor Fall (8 wks.)</u>	<u>Indoor Winter (20 wks.)</u>	<u>Outdoor Spring (8 wks.)</u>
Touch football or soccer	Basketball	Softball
Obstacle course	Boxing	Obstacle course
Relays	Wrestling	Track & field
Low org. games such as	Tumbling	*Tennis
dodgeball, bombardment,	Apparatus	*Handball
etc.	Swimming	*Swimming
○ Swimming	Volleyball	*Equitation
*Tennis	Track	*Cross country
*Handball	Relays and low org.	
*Equitation	games	
*Cross country (hiking)	Hiking	
	Equitation	

* optional 2 days per week but one must be chosen

○ Swimming compulsory 2 days per wk. for non-swimmers while pool is low in the fall