

- e. Individual and combination stunts. These are recommended but are not required.
  - f. Some formal work, such as marching, calisthenics, gymnastics, and apparatus work. (This type of activity is rapidly disappearing).
  - g. Rhythmic activities (for girls) such as: folk, clog, and tap dancing.
  - h. Relay races: a great variety of such races may be found which are especially suitable for girls. It is not to be understood that each of the above mentioned types of activities is to be given in each grade. Properly trained teachers should be able to choose suitable activities for each grade. Separate types of activities suitable for boys and girls will be outlined in the course of study which is being planned for the near future.
3. Regular periods for physical and health education must be placed on the daily schedule and program of the school as well as that of the pupil. After school activity periods, with voluntary participation, are considered as extra-curricular activity periods and not as instructional periods, except in so far as they may be the practice periods which might logically follow the instructional or regular class periods.
4. Boys or girls who participate in the major sports must enroll in the other regular physical education classes immediately upon the close of the season for a particular sport. (In many cases it will be found highly desirable and profitable to have them enrolled in the regular physical education classes even during the season of a major sport). Under no circumstances must a pupil be allowed to participate in a major sport for his full program of physical education throughout the year. Major sports constitute a part, and a very vital part, of the program, but a program of major sports alone is not a complete program of physical education.
5. Each pupil should be given credit in physical and health education to the extent of one-fourth unit per year for four years, such unit to be dependent upon the successful completion of the program requirements of the local school, which should be sufficient to meet the minimum standards herein stated.

#### STANDARD VI. Standards for Elementary Grades.

Schools asking for recognition and credit for their high school programs must also have satisfactory programs in the elementary grades of the same system. A well planned and executed program in the elementary grades is considered necessary in all schools and the following standards must be met before the high school program can be recognized:

- 1. A minimum time allotment of 150 minutes per week per child given in not less than one period of instruction daily for each child.
- 2. Each classroom teacher who has charge of a group of pupils at the physical education period must have at least six semester hours college credit in physical and health education. The requirements for part-time and full-time teachers are the same as those stated for the high school teachers.