

3. Physical Education must be scheduled as a regular subject on the pupils' program (see provisions of the law) and the instruction period should be in addition to the free play period, after school or extra-curricular activity period.
4. The program must include all pupils of the high school as well as the elementary grades. Those who are classed, by regular examination fostered by the school, as physically defective or unfit to take part in strenuous exercise, should be cared for in corrective classes if a trained teacher is available. Some provision should always be made for the physically unfit or defectives. Schools are urged not to accept, without sufficient investigation, certificates of excuse issued by family physicians or others merely upon the request of the parent or pupil. These excuses are often secured without an examination of the child merely because the child thinks he does not want to take physical education.
5. Each school should require a certificate from a licensed physician, health officer, or nurse for the readmission of pupils to school who have been absent because of some acute or communicable disease.

**STANDARD V. Organization and Administration.**

1. Pupils should be classified and grouped, as far as possible, according to their physical abilities. A preliminary classification or grouping of pupils for instructional purposes on the basis of physical examination and grade in school has been found to be very satisfactory. Many schools find that a reclassification within each class or group according to age, height, and weight is of considerable value. Classification on the basis of physical ability, achievement tests or some other satisfactory tests would be the ideal method, but in the absence of such tests and the necessary equipment and properly trained teachers in many instances, this would probably be impractical in most schools at the present time. Classification on the basis of grade level may be easily accomplished in the average school, if the school will allow each pupil to schedule his physical education first. A pupil may be as easily scheduled for physical education first as for algebra or any other academic subject, and this should be done when it is known that there will be only one section of physical education for that particular pupil.
2. Instruction should be offered in at least five of the following types of classes of activities which are to be included in the high school program: (No effort has been made to list these in the order of their rank or preference).
  - a. Team Games: football, basketball, baseball, playground ball, speedball, soccer, tennis, and other sports.
  - b. Swimming - wherever facilities will permit.
  - c. Low organized games: games suitable for each age and sex may be found properly classified and grouped in any reputable books of games.
  - d. Individual athletic events: running, jumping, throwing for distance and accuracy, climbing, chinning, vaulting, hurdling, etc.