

Science Hill High School  
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7th Brigade, USACC

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## **Science Hill High School Topper P.T. SOP**

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**Summary:** This Standard Operating Procedure (SOP) manual provides guidance for the execution of Physical Training

**Applicability:** This SOP applies to all JROTC cadets at Science Hill High School. It covers the events that will take place during Physical Training and also tells how to properly execute the events.

**Suggested improvements:** Send comments and suggested improvements to the S-3.\*

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### **Chapter 1**

#### **Introduction**

	<b>Paragraph</b>	<b>Page</b>
Uniform	1-1	3
Purpose	1-2	3
Areas of Usage	1-3	3
P.T. Days	1-4	3

### **Chapter 2**

#### **Stretching**

	<b>Paragraph</b>	<b>Page</b>
Formation	2-1	3
Order of Stretches	2-2	3
The First Stretching Exercise	2-3	3
Other Stretching Exercises	2-4	4

### **Chapter 3**

#### **Exercises**

	<b>Paragraph</b>	<b>Page</b>
Order of Exercises	3-1	4
Types of Exercises	3-2	4
The First Exercise	3-3	4

### **Chapter 4**

#### **Activities**

	<b>Paragraph</b>	<b>Page</b>
Bucket Ball	4-1	4
Running	4-2	4

HQ, Topper Battalion  
Science Hill High School Junior ROTC  
1509 John Exum Parkway, Johnson City, TN 37604

Sprints	4-3-1	5
The Loop	4 -3-2	5
Company Class Run	4-3-3	5
Circuit Training	4-4	5
Football	4-5	5
Ultimate Frisbee	4-6	5
Soft Ball	4-7	6
Tug-of-War	4-8	6
Wheel of Torture	4-9	6
Death Poker	4-10	6
Muscle Failure	4-11	7
Medicine Ball Workouts	4-12	7
Beat the Beeps	4-13	7
Core Exercises Routine	4-14	7
Phase 1	4-14-1	7
Phase 2	4-14-2	7
Phase 3	4-14-3	7
Phase 4	4-14-4	7
Phase 5	4-14-5	7

## Chapter 1-Introduction

**1-1. Uniform-** The uniform for P.T. consists of P.T. shorts and a SHHS JROTC P.T. shirt.

**1-2. Purpose-** The purpose of P.T. is to improve overall cadet physical fitness and improve the image of J.R.O.T.C.

**1-3. Areas of Usage-** There are quite a few areas that P.T may be done. When it is warm outside, the practice field, track, loop around Science Hill, and area in front of the drill hall are areas approved for outside P.T. usage When the weather outside is not permitting, such as rain or cold, the drill hall may be utilized for P.T.

**1-4. P.T. Days-** P.T. days are Tuesday and Thursday for Upperclassmen and Monday and Friday for Underclassmen.

## Chapter 2- Stretching

**2-1. Formation-** In order to make the P.T. formation, the leader P.T. for that day must call the following commands in the listed order:

- Fall in
- Extend to the left, march (cadets raise both arms and move to the left until they are touching each other's fingertips)
- Arms downward, move (cadets return to the position of attention)
- Left face
- Extend to the left, march
- Arms downward, move
- Right face
- From front to rear, count off (all cadets in each squad look over their right shoulder and yell the number of their squad when the squad before them has yelled. Example: First squad will yell "One!", then second squad will yell "Two!", etc.)
- Even numbers to the left, uncover (even numbered squads step to the left)

**2-2. Order of stretches-** There are multiple stretching exercises to choose from. When stretching, you always start with the top of your body and work your way down. Here is a list of typical stretches: Shoulder Stretch, Chicken Wing, Chest Stretch, The Cobra, Hip Flexor, Groin Stretch, V-Sit and Reach, Herschel Walker, and Calf Stretch.

**2-3. The First Stretching Exercise-** To begin stretching, the commander will say, "The first stretching exercise will be, the shoulder stretch." Cadets will then repeat, "The shoulder stretch!" The commander will then say "You'll start with your left and I will start with my right to create the mirror effect." Then the commander will say "Starting position move." The cadets will then go to the starting position. The commander will then count "One-thousand", and the cadets will respond "one." This process will repeat up to "One-zero" (10). All counts are one beat only.

**2-4. Other Stretching Exercises-** All other stretching exercises will be called as “ The next stretching exercise is \_\_\_\_” The mirror command is stated for EVERY stretching exercise. After all stretching exercises have been completed, the exercise phase will begin.

### **Chapter 3- Exercises**

**3-1. Order of Exercises-** Exercises are executed in the order that the commander wishes.

**3-2. Types of Exercises-** Exercises available to execute include but are not limited to:

- Push-ups
- Sit-ups
- Crunches
- Dolphins
- 8-count push-up
- Side straddle hops
- Flutter kicks

**3-3. The First Exercise-** The first exercise is stated just like the first stretching exercise. The command is, “ The first exercise will be \_\_\_\_.”, and the cadets will repeat the exercise with ENTHUSIASM. Other exercises will be called just like the other stretches, “ The next exercise will be \_\_\_\_.” The cadets will repeat with ENTHUSIASM. Depending on the counts of the exercise, the commander will be required to count the exercise for the cadets to state the repetition number. The counts are just like the stretching counts.

### **Chapter 4- Activities**

**4-1. Bucket Ball-** There are two teams in this event. It is played in the Drill Hall. Both buckets are placed in the middle of the goalies circles which are marked in the drill hall by blue tape. Goalies do not have to stay in their circles when their team is on offence. The goal is to get the ball in the bucket. To start the game, one cadet from each team comes to the toss point in the middle the drill hall. The ball is tossed up and the two delegates jump for the ball and try to hit it to their team-mates. if you are in possession of the ball, you may only take three steps. Then you must throw the ball to your team-mates. You may not take the ball out of a players hand or hit it. If the ball is in the air and it is not caught or hit out of the air, the ball is turned over to the other team. If you violate any of these rules you are out. If you enter the goalie zone you must do 10 push-ups.

**4-2. Running-** Running will be done outside when weather is favorable. Multiple exercises all classified as running are listed below.

**Sprints-** Sprints may be done in the drill hall or in a designated outside area. Sprints involve cadets running as fast as they can from one point to another. Commanders may vary sprints by having team relays or incorporating other exercises into the sprints.

HQ, Topper Battalion  
Science Hill High School Junior ROTC  
1509 John Exum Parkway, Johnson City, TN 37604

**The Loop-** The loop is a paved route around SHHS that may be used in favorable weather with an instructor's approval. An instructor must be with the group of cadets running the loop the whole time. Cadets may run at their own pace if an instructor permits it.

**Company/Class Run-** An entire SHHS JROTC class may run over a specific distance that has been approved by the instructor. The class must stay together as well as possible, so running in groups is recommended.

**4-3. Circuit Training-** Circuit training has eleven parts. The blocks are to be laid out in the drill hall as illustrated below. the class splits into eleven groups and each group gets behind a block. the commander will decide for how long and how many rounds the class will do each exercise. For instruction on how to execute these exercises properly, refer to TC 3-22.20, The Army Physical Readiness Training Manual. The order of exercise is: Squat Thrust, Turn and Bounce, Flutter Kicks, Side Straddle Hops, Squat Benders, Crunches, Run in Place, Windmill, Push-ups, Mountain Climber, and Dips.

**4-4. Football-** Football is an outside activity so if it is cold outside or raining, do not use football. it is played on the practice field by the vocational building. Football starts with two teams. It does not matter how they are divided up. Once divided, one team walks to one end of the field and the other team kicks the ball out to them. If the ball goes out of bounds, the ball is in play wherever it went out of bounds. As in a normal game of football there are four downs. After that, the ball is turned over. Each team gets one rush per every set of downs ( 1-4 you only get one). The game is two hand touch, which means if you tackle someone, you are immediately suspended from the game. The punishment is decided by the instructor. Each touchdown is worth one point, and at the end of the game, the winners win and the losers lose.

**4-5. Kickball-** Kickball is an outside activity so if its cold or raining, do not use kickball. Kickball is played on the practice field by the vocational building. The cadets are divided into two teams, it does not matter how they are divided. One team lines up by home base, and the other team goes to the out-field. The pitcher rolls the ball to the kicker. If the kicker kicks the ball and if it goes out of bounds, before or past the base, the kicker is out. After three outs per team, the teams switch positions ( i. e. out field goes to kick and vice versa). The game goes on until time is up. Winners win, loser lose.

**4-6. Ultimate Frisbee-** Ultimate frisbee may be played anywhere there is a large enough area, so that a course can be set up. The course consists of four zones. There are two teams. The commander chooses a team to start off with the frisbee. When in possession of the frisbee, you may only take three steps. There is no physical contact in this game. Any violations of this will result in a turn over of the frisbee. You must throw the frisbee across the goal line to your team mate and they must catch it to be a goal. If you go out of bounds on the long sides, the ball is turned over. Winners win, losers lose.

HQ, Topper Battalion  
Science Hill High School Junior ROTC  
1509 John Exum Parkway, Johnson City, TN 37604

**4-7. Soft Ball-** Soft ball is an outside activity so if it is cold or raining, don't use softball. Softball is played on the practice field by the vocational building. The cadets are split up into two teams. It does not matter how they are split up. The commander gets to decide which team gets the ball first. The team who gets the ball first goes out onto the field. The second lines up at home plate to bat. The pitcher from the field team throws the ball to the first batter, the batter swings the bat aiming to hit the ball. If the batter hits it and it goes into the field then the field team will try to get the batter out. They can get the batter out by catching the ball before it hits the ground, by touching the base with the ball in hand before the batter gets there, or by touching the batter with the ball before they get to the base. If the batter hits the ball and it goes out of bounds, which is going out before passing first base or going out before getting to third base then it is a strike. If the batter misses the ball then it is a strike. There are three strikes per batter, if the batter gets three strikes it is an out. the batting team must get three out for the field team to come up to bat. The game will then keep going back and forth until twenty minutes before the end of class. Winners win, losers lose.

**4-8. Tug-of-War-** Tug-of-War has two different ways of being played. Team Tug-of-War: a rope is placed on the floor. Cadets are split up into equal sized teams. Each team is put on one side of the rope. The commander in charge will tell each team to pick up the rope. The teams will then pick up the rope and leave enough slack so that the commander can hold on to the rope without having to pull hard. The commander will then make sure that the rope is even on each side then let go. The commander will command, "Go." Once go is given each team will then pull on the rope trying to bring the middle of the rope to the area that dictates which team would be considered the winner. When the commander sees that the rope has gone into this area they will give the command "Stop" and declare the winner. Individual Tug-of-War: The commander will let individual cadets choose another cadet they want to challenge. The rules of Individual Tug-of-War are the same as Team-Tug-of-war.

**4-9. Wheel of Torture-** The wheel of torture is a wheel that spins with 25 numbered sections. Cadets stay in formation and one at a time jog up to the wheel and spin it. All cadets jog in place while not doing an exercise. When the wheel stops, all cadets do the same exercise designated by that number. On numbers 1-5 cadets will do that many squat thrusts. On numbers 6-10 cadets will do that many push-ups. On numbers 11-15 cadets will do that many flutter kicks. On numbers 16- 20 cadets will do that many side straddle hops. On numbers 21-25 cadets will do that many crunches. These numbers may be doubled if the commander wishes. This activity lasts until the commander says it's over.

**4-10. Death Poker-** Death poker is played like the wheel of torture. Instead of having a wheel, you have a deck of cards. The deck is laid in front of formation. All cadets jog in place while not exercising. One cadet at a time will jog up and draw a card. If it is a club, push-ups will be executed. If it is diamond crunches will be executed. If it is spade flutter kicks will be executed. If it is a heart side straddle hops will be executed. The card number dictates the amount of each exercise. Number 1-5 is double. Number 6-10 will be that value. face cards mean 15 of the exercises. Aces mean 20 repetitions. One-eyed jacks are worth 25 repetitions.

**4-11. Muscle Failure-** Muscle Failure is a short but effective activity. The commander chooses exercises that he or she would like to do until cadets simply can not do anymore. Cadets must do the exercises correctly until they can not do anymore.

HQ, Topper Battalion  
Science Hill High School Junior ROTC  
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**4-12. Medicine Ball Workouts-** Medicine balls are very heavy balls that may be used in P.T. for an effective workout. There are hundreds of possibilities of how to use them. One example is when each cadet gets a partner. Then one of the cadets gets down in the crunch position and the other cadet holds the ball above that cadet. the ball will be dropped and the cadet must stop the ball and throw it straight back up for the other member to catch. This may be repeated as many times as the commander deems necessary.

**4-13. Beat The Beeps-** This CD is an extremely good workout. the push-ups section will be played and all you have to do is follow the instructions on the CD. The same goes for sit-ups. The running section is where on the first beep, you must run to the other side of the drill hall before the second beep. You must do this until you are beep by beep. Then you jog from one side of the drill hall to the other until everyone is done.

**4-14. Core Exercises Routine-** The core exercise routine is comprised of five phases. Between each phase, one minute of rest time is given.

**Phase One-** Hold the push-up position for one minute. Hold the left side push-up position ( left hand and left foot touch the ground, keep the body straight), then hold the right side push-up position for one minute. execute twenty five four count crunches. lastly, execute twenty five four count reverse crunches.

**Phase Two-** Hold the plank position for one minute. Hold the left side plank position for one minute. Hold the right-side plank position for one minute. Execute 25 four-count crunches. Finally, execute 25 four-count reverse crunches.

**Phase Three-** Same as phase 1 except hold positions for thirty seconds and only so fifteen repetitions of exercise.

**Phase Four-** Same as phase 2 except hold positions for thirty seconds and do only fifteen repetitions

**Phase Five-** Line up in two teams on one side of the drill hall facing the opposite side. Have relay races across to the opposite side of the drill hall. Cadets running the races will do any exercise the commander chooses as many times as they specify, then they will tag the next teammate, and the tagged teammate will repeat the process. The team whose members all get done with the races first wins the match. Three of these matches are done, and the team that wins two or more wins phase five.