

8. The squat vault
9. The rear vault
10. The straddle vault

b. Long

1. Straight stand on croup
2. Support lying position, hands on neck
3. Straddle vault with run (spring board)

Horizontal Ladder

1. Cross hang, frontways, hands on beams
2. Cross hang, frontways, on rung
3. Cross hang frontways travel (beams)
4. Cross hang frontways travel (rungs)
5. Cross hang rearways travel (beams)
6. Cross hang rearways travel (rungs)
7. Cross hang frontways travel foot and hands
8. Side hang frontways travel sideways R & L

Oblique Ladder

1. Straddle seat in rear of hands, ready to slide down
2. Climbing from under to upper side
3. Lying position rearways with raised toes
4. Lying position frontways on top of ladder, head and legs raised.

Stall Bars

1. Hang rearways and frontways
2. Hang stand, rearways and frontways
3. Squat hang, rearways

Lecture on the following pieces of apparatus:

1. Rings
2. Vertical Ladder
3. Giant stride
4. Climbing poles
5. Buck

Examinations

Two written

Practical on apparatus listed in outline

Written paper -- "How to Teach Apparatus to Junior High Pupils."
(nine week outline--three times a week--fifty in a seventh grade class)