

6. See any text for other exercises.

6. Stall bars

1. Hang facing bars-chinning
2. Hang back to bars, raise legs

7. Horizontal ladder

1. Chin
2. Travel forward
3. Travel sideward
4. Hang, raise knees, legs

8. The above activities are only suggestive as to what can be included for each piece of apparatus.

Room 200 Robinson Gymnasium (three weeks)

1. Running

- | | |
|-----------------|---|
| a. wind sprints | d. run with knees high |
| b. stops-starts | e. reverse directions |
| c. zigzag run | f. sprints may be used at the end of the class period |

2. Conditioning exercises

- a. exercises suggested by the Physical Fitness Institute
- b. other calisthenic exercises
(these exercises should be given at a brisk tempo over a period of 8-10 minutes preferably at the beginning of the class period or at the end of the running period)

3. Combatives

- a. combatives aim to develop aggressiveness, initiative and resourcefulness.
- b. these activities are of a rough and strenuous nature
- c. they develop ability to react **instntly** with a **maximum** of energy to overcome an opponent.
- d. see the list of combatives which were set up last semester.

4. Basketball

- a. basketball offers opportunity for the development of a high degree of skill, team cooperation and sportsmanship.
- b. will stimulate vigorous mental and physical activity.
- c. strenuous team play is desirable
- d. keep everyone active, teams that are not participating should not loaf on the sideline, give them combatives or the like at one end of the gym.