

GYM AND TUMBLING

1st period - Demonstration of stunts that they will be asked to master, and explanation of the system to be used. This system is as follows: On a separate sheet will be listed about 50 stunts (climbing, tumbling, vaulting, etc.,) and the instructor will rotate each group from one type to the other every ten minutes. As the cadet successfully completes a stunt it will be checked off against his name. The total number completed, plus the points earned in relays will decide a squadron champion in this sport.

Relay races - Heel and hand, sitting position.
Fireman's carry.

2nd period - Competition in stunts

Relays - Elephant walk
Wheel barrow race.

3rd period - Competition in stunts

Relay races

4th period - Competition in stunts

Relay races

5th period - Competition in stunts

Relay races.

**** It is suggested that each cadet be given a number and that he be checked off for stunts by number instead of name.

Be certain that cadets spot each other while doing these stunts