

Gym and Tumbling--Week of June 21st.

Monday---Individual activities, as set up on following sheet
1st 35 minutes

Relays---15 minutes

Suggestion: Elephant walk--Backward running---
Walking race--Heel and hand, sitting
position---

Two more relays---Fireman's carry---
wheel barrow, etc.

Tuesday--Individual activities

Relays

Wednesday-Individual activities

Free-time--pyramid building, etc.

Thursday-Individual activities

Friday---Individual activities

Note: At present 40 individual activities are listed,
including the vaults, tumbling, high bar, parralel bar,
rope and ladder---Feel free to add to this list, and
include the rings, if available--

I would suggest each cadet be given a number, and that
as he passes the stunt he report it to the cadet keeping
the record. This would leave instructor free for dem-
onstration.