

the erect position. Efficiency in these skills may be reached by participation in sports as well as in gymnastics. The great value of gymnastics is that movement can be directed towards specific parts of the body. The direction and the intensity of the activity can be controlled.

Objectives:

1. To develop endurance
2. To develop strength of
 - a. the arms and shoulders
 - b. the back and abdominal wall
 - c. the legs and feet
3. To assist in the maintenance of erect carriage
4. To develop agility
5. To develop specific skills applicable to the war situation

Conditioning activities: See Boys' Chapter for descriptions.

1. Running
Running develops endurance. (Objective 1). Some forms given here also develop agility and such specific skills as getting over or around obstacles (Objective 5).
 - a. Combination hiking and running
 - b. Cross Country

Suggestions for teachers

Girls should

- (1) warm up before the practice jaunt
- (2) wear slacks and light weight sweaters on cool days
- (3) shorten the stride going uphill
- (4) breathe through mouth and nose
- (5) use an easy relaxed stride
- (6) walk a short distance in the fresh air after the run before using the shower

c. Obstacle run (Objectives 1, 2, 4, 5)

Suggestions for teachers

- (1) Common sense and caution must be the guides in selection of obstacles.