

- (2) Girls must be skilled in overcoming each obstacle before attempting the course as a whole.
- (3) The course may be used for both conditioning and competition.
- (4) Competition may be against time, individual against individual, or group against group.
- (5) When jumping from a height, soft landing surfaces or pits should always be provided.
- (6) When jumping from a height the beginner should be started at approximately 3 feet.
- (7) When skill in running the course is acquired each girl should practice carrying a pack weighing from 15 to 20 pounds to represent an infant or young child. This will give experience in a skill which the disasters of war may place upon girls and women, i.e., carrying infants and young children to safety. Each girl should learn to carry the pack in her arms as an infant is carried and on her back as a small child might be carried.

d. Relay racing (Objectives 1, 2c, 4)

Shuttle relay

Jump stick relay

Duck waddle

Hopping relay

See saw relay

In and out relay

2. Exercises

These can be adapted to indoor or outdoor use in limited space and require no equipment. Strength and endurance are developed quickly through regular use, especially if there is a steady increase in the number of times each exercise is performed.

Formation

Open order. From closed order in a column of 3's or 4's. On the command, "Extend to the left, MARCH," all raise arms sideward and run to the left until there is at least 12 inches between finger tips. The girls on the right flank stand in place. "COVER", (i.e., straighten lines from front to back) and lower arms to sides. This is one of many way of opening order.

(Note: The girls should use the same exercises as those described in the boys' list with the following exceptions: Substitute Exercise 5 below for Exercise 5 in the Boys' list; and substitute Exercise 12 below for Exercise 12 in the Boys' List.)