

- f. Horizontal ladders-  
Grip rounds or beams
  - 1. Chin (pull ups)
  - 2. Travel forward
  - 3. Travel sideward
  - 4. Hang - raise knees

#### Suggestions for teachers

- 1. Mats should be used as a safety precaution.
- 2. Girls should be taught correct grips.
- 3. Assistance should be provided during practice periods.
- 4. The height of the apparatus should be dependent upon the height of the girls and the type of activity.

#### 4. Locomotor and Axial Gymnastics

Acquiring skill in any activity is dependent largely upon timing and upon judging space relationships. As skill improves, harder and longer periods of work can be sustained if a rhythm of work is established. Rhythmic gymnastics are of value in contributing this particular training to wartime efficiency. In addition they contribute to a marked degree in the development of endurance and strength.

#### Objectives:

- 1. To increase skill, endurance, strength, and agility.
- 2. To develop space judgment.
- 3. To develop timing.

#### Organization:

- 1. Size of classes should depend upon facilities, equipment and experience of teachers.
- 2. Falls should be done only if the floor is of wood and in good condition.
- 3. If floor is constructed on concrete, elevations and jumps should be used very little.
- 4. A great deal of the program can be carried on outdoors.
- 5. If piano or pianist is not available, drum beat, victrola or singing may be used.

#### Activities

The following program is in no way complete. The teacher is encouraged to use her own initiative in adapting and supplementing this material in relation to her own situation and the needs of her group.

In teaching rhythmic gymnastics, it is ordinarily advisable to have each individual in the class try the exercise first at her own speed. Then the teacher should set a common tempo which meets the average of the group. To provide greater