

Apparatus and Activities

Climbing ropes and poles

a. Climbing

1. Ordinary climb (hand over hand).
2. Climb without aid of feet (legs dangling).
3. Climb without aid of feet (knee kick in each step).
4. Swing on two ropes, vaulting for height. (pendulum vault)
5. Swing on one rope, vaulting over obstacles.

b. Oblique and horizontal ropes or poles

1. Travel, using hands and legs.
2. Travel, using hands only.

Note: It is important that boys learn to descend the rope hand under hand. Caution them to save enough energy to climb down. In developing climbing ability, it may first be necessary to develop leg and arm strength on other pieces of apparatus.

Parallel Bars (low or high)

From end of bars:

1. Dip while supported on hands.
2. Dip while swinging.
3. Travel forward on hands in support.
4. Side vault left (right).
5. Rear vault left (right)
6. Swing with upper arm hang.

From side of bars:

7. Side vault left (right) over both bars.
8. Front vault over both bars.
9. Elephant vault. Cover both bars with gymnasium mat. From a run, vault over elephant. A springboard may be used to increase height.

Horizontal Bar (chinning bar)

High Bar (beyond reach)

1. Chin from a hang. Any grip.
2. Hang. Raise knees.
3. Hang. Raise legs.
4. Hang. Swing feet forward and upward over the bar to a support.

Low Bar (shoulder high)

1. Side vault.
2. Front vault.
3. Bar vault for height. Swing under the bar and over the jump standards.