

Horse and Buck

1. Straddle vault.
2. Side vault, left (right).
3. Front vault, left (right).
4. Raise apparatus and vault for height.
5. Cover the horse or buck with a gymnasium mat and use as an obstacle.

Stall Bars

1. From a hang, facing bars - chinning.
2. From a hang, back to bars - knee raising  
leg raising
3. Sitting on the floor or on a bench, feet fixed between rungs, trunk lowering and raising (sit-ups).

Flying Rings

1. Hand and chin.
2. Swing and pull up at end of swings.
3. Hang or swing - raise knees.
4. Hang or swing - raise legs.

Horizontal Ladders - Grip rounds or beams.

1. Chin (pull-ups).
2. Travel forward.
3. Travel sideward.
4. Hang - raise knees.
5. Hang - raise legs.

Suggestions

1. Mats should be used as a safety precaution.
2. Boys should be taught correct grips.
3. Assistance should be provided during practice periods.
4. The height of the apparatus is dependent upon the height of the boys and the type of activity.
5. Exercise may be made more difficult by raising the apparatus; by increasing the distance between the take-off and the apparatus; by adding obstacles, (such as placing a medicine ball on the end of the horse for vaulting).

Tumbling

The tumbling here given aims to teach boys how to jump and fall without being hurt; to give them sufficient practice so that they will have a sense of "whereaboutness", and an ability to carry one another without injury. Tumbling develops the ability to control the body in flight.

Care should be taken to follow proper safety measures such as adequate rests, sufficient assistance, definite instructions during the training period, and the use of mats when the events are conducted on floors or other hard surfaces.