

~~SUGGESTED PROGRAM~~

Physical Conditioning

Room 101 Rob J. (three weeks)

1. Running

- a. Wind sprints
- b. reverse direction
- c. sprints may be used at the end of the class
- d. stops-starts
- e. run with knees high

2. Conditioning exercises

- a. Exercises suggested by the Physical Fitness Institute
- b. other calisthenic exercises.

These exercises should be given at a brisk tempo over a period of 8-10 minutes, preferably at the beginning of the class, or at the end of the running period.

3. Tumbling

- a. All tumbling will be of an elementary nature. The following items are suggested.
 - 1. Forward roll
 - 2. Shoulder roll
 - 3. Backward roll
 - 4. Dive roll
 - 5. Cartwheel
 - 6. Head Spring
 - 7. Hand Spring
 - 8. Dive
 - 9. Round Off
 - 10. Simple two man combinations.
- b. Use all elements of safety in teaching tumbling events. An injury to a man removes much of his enthusiasm for tumbling activities.
- c. In teaching tumbling stress the importance of proper rhythm, timing, and coordination.
- d. Change the activity often.
- e. Tumbling should develop the ability to control the body in flight. To fall without being hurt. It should also develop a sense of "whereaboutness".
- f. Divide the class into squads to increase participation.

4. Apparatus

- a. Apparatus activities offer the performer an opportunity for individual accomplishment through self-testing activities.
- b. This is big muscle activity.
- c. The exercise should represent the best efforts of the individual.
- d. Extreme care should be used to prevent accidents.

- 1. rope climbing
 - hand over hand
 - without feet, with feet
 - (descend hand under hand)

2. Parallel bars

- a. Activities from manual of the Physical Fitness Program or from some book containing parallel bar activities.