

DISPLAY OF GYMNASTICS AND VAULTING BY INSTRUCTORS
OF THE ARMY PHYSICAL TRAINING CORPS AND REGIMENTAL
ASSISTANT INSTRUCTORS

MUSIC

Entry : " Be Fit "

Exit : " Be Fit "

THE ARMY PHYSICAL TRAINING CORPS

The display consists of gymnastics on the parallel bars, ground gymnastics and vaulting over the box horse.

Gymnastics in the Service is a voluntary recreation, and the enthusiastic gymnast is accorded such help as he desires in gymnastics, although the principle task of the PT Instructors is to keep men physically fit. The value of gymnastics is many fold, as such qualities as nerve, determination, courage, control and co-ordination are developed.

A brief historical survey of the APTC is of interest. In 1860, twelve bewhiskered Non Commissioned Officers and one Senior Officer were sent to the Gymnastic School at Oxford University, where they received a concise course of training in developing muscle, through gymnastics on apparatus and by the use of weights; accordingly the recruits training consisted of building a fine physique then in keeping with "the military chest" we have seen often in pictures and heard in song.

Nowadays Physical Training has become more scientific, having escaped from the stereotyped. Movement and action, speed in execution, a knowledge of the mechanics of the body, all applicable to every day use, take precedence over brute force and ignorance. Results spoke for themselves in the World War 1939 - 1945 when Field Marshal Alexander said that in order to win we must be "fighting fit" and "fit to fight".

MENS SANA IN CORPORE SANO.