

Name _____

Balancing Act: Mastering the Balance Beam in Gymnastics

Short Answer

1. Describe the balance beam apparatus in terms of its dimensions and purpose in gymnastics.
2. Explain the significance of the mount and dismount in a balance beam routine.
3. What are some common challenges gymnasts face when performing on the balance beam?
4. How do gymnasts incorporate artistic expression into their balance beam routines?
5. How are deductions applied during the scoring of balance beam routines, and what types of mistakes result in deductions?

